

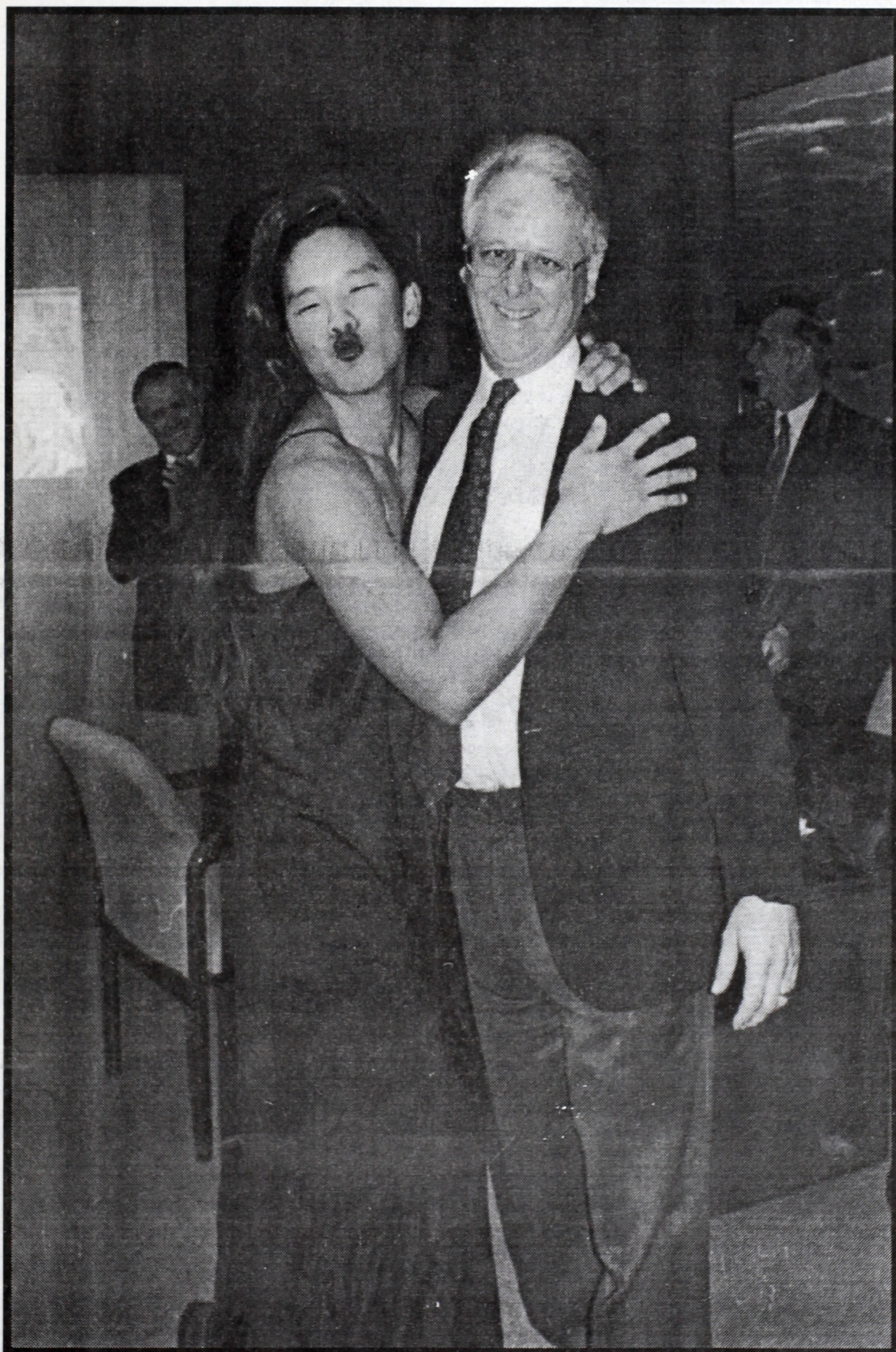
# Lambda

Laurentian University's Student Newspaper  
Le journal des étudiant(e)s de l'Université Laurentienne  
Volume 35 - Issue 18 / Numéro 18

Who is more foolish, the fool  
or the fool who follows?

Obi Wan Kenobi

## THE THINGS



## PEOPLE DO

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## Nfld. government won't budge on 1-900 line

by Sean Ryan  
The Muse (CUP)

Despite numerous student complaints about expensive phone bills, Newfoundland's department of education won't replace a 1-900 student aid information line with a toll free number.

Instead, the government says, it will use the Internet to help deal with the problem. The provincial student aid division operates a 1-900 number that charges callers 50 cents for the first minute and 40 cents each additional minute.

The 1-900 number was the target of numerous complaints last semester because of the high long distance bills students, particularly those in rural Newfoundland, are charged to check the status of their student loans.

"(The Internet would) remove dependency on the 1-900 number," said Frank Marsh, assistant

deputy education minister.

But while Marsh says the 'Net may be the solution to an inefficient system that often leaves students on hold for as much as 15 minutes, all the while being billed for their time, student leaders aren't quite as optimistic.

"How many students have access to the 'Net around Newfoundland?" Memorial University student councilor Zaki Saleemi asked. "You have to realize not everybody has instant 'Net access."

Saleemi said New Brunswick tried to use the Internet to solve the same problem, but it never caught on.

"Out of the 8,000 people (New Brunswick) has on their student aid program, 40 used the 'Net access last year," he said.

But Marsh said the difference is that the Newfoundland government has learned from New Brunswick's mistakes.

"They did not have major advertisements, or awareness campaigns," Marsh said of the New

Brunswick plan.

"(And) the system could not do reasonably immediate response, which means it could not process. It was only receiving applications; you still had to go through another process and wait a significant period of time after the application was in before you got the information back."

The Newfoundland Internet plan will try to get loan information back to students within a day, he says.

But Saleemi wants to know how the advertising and awareness campaigns will work.

"To what extent are they going to publicize this? Are they going to sink money into it? Those are

questions which should be posed," he said. "They may simply assume that the (student groups) will take on that responsibility."

The idea is also receiving mixed reviews from the Canadian Federation of Students. But Dale Kirby, the federation's Newfoundland representative, says the CFS is prepared to inform students about the Internet service if necessary.

"I feel it is our responsibility as a provincial organization to, if we cannot get rid of the number, keep fighting to get rid of the number and, at the same time, help students become aware of the Internet access," he said.

"We will do that (even

though) we are doing the department's job for them."

But Kirby also said that getting rid of the 1-900 number is still a priority. "Although I do agree with the Internet access, I do not agree with retaining the 1-900 number," Kirby said.

But as for implementing a toll free 1-800 number, Marsh said it is absolutely out of the question.

"At this stage of the game we are not discussing putting in a 1-800 number," he said. "The cost would be tremendously high."

The Internet service should be available in time for the upcoming fall semester.

## Government helps deaf students study abroad

by Amanda Labonte  
The Muse (CUP)

The department of Social Services is helping deaf students in this province attend other post-secondary institutions as far away as the U.S. because Newfoundland schools can't meet their special needs.

A person is considered deaf when their only method of communicating is through the use of American Sign Language and they need to be provided with interpreters to understand what is being taught in a classroom.

But a lack of money prevents deaf students from functioning to their full potential in an environment like Newfoundland's Memorial University because the school can't afford to provide interpreters for them.

"Interpreters are really hard to get," said Kelly Gillingham, a hard of hearing student from Memorial who has seen the complications many deaf students have to go through.

Students who are hard of hearing don't have the same problems as deaf students. In many cases hard of hearing students can use electronic devices or are able to read lips and so don't require the many services deaf students need.

But the Family and Rehabilitative division of Social Services has set up the Training Services Program so any disabled student who wants to attend a postsecondary institution able to meet their specific needs can apply to receive funding.

"Individuals who are deaf cannot obtain the services they need (in a university) in this province," Ken O'Brien of Social Services said.

The program has enabled deaf students to attend liberal arts universities such as Galidette in Washington D.C. or technical col-

leges like St. Paul in Minnesota, which specifically aid deaf students.

O'Brien said it is cheaper to help pay for students to go to these universities than to try to provide the same quality of services locally.

Jeanne Cranford of the Newfoundland Co-ordinating Council on Deafness says that attending a postsecondary institution primarily for deaf students has other benefits that Memorial can't provide. She said it encourages social interaction with peers, who are also deaf, which is an important part of going to university, particularly in the early years.

The main drawback is that students have to go away to further their education. However, it is the intent of the Training Services Program, O'Brien says, to provide the best possible opportunities to all disabled students.

"The underlying function of the program is to provide (all) individuals with an equal opportunity."

## Campus security policies questioned by eyewitness

by Katie Andrews  
The Sheaf (CUP)

A thief nearly got away with ripping off thousands of dollars worth of high-tech equipment from the University of Saskatchewan while campus police were busy buying doughnuts and lifting weights.

A university employee called the campus cops just after 2:30 a.m. on January 6, to report a break-in at a satellite transmission station on campus.

A security camera and alarm had been installed in the building by Campus Security after approximately \$26,000 worth of satellite equipment was taken from the location during two break-ins in late November and early December.

When the employee dialled

Campus Security, he spoke with an officer who said she was on her way back from Robin's Donuts, but said she would contact the three others on shift that night. According to the officer, two of her colleagues were working out in the Phys Ed building and another was on foot patrol. The officer then asked the caller to contact city police. "No one was at the ready to catch the guy," said the employee, who didn't want his name used.

"To me, it's just by luck that they were able to act upon it as quickly as they did in spite of the fact that none of them were really doing their job at the time."

Gion Bezzola, Director of Campus Security, said that the officer who was radioed was in her patrol car checking up on a weather station and other university property north of the main campus.

Dave Welsh, a security patrol

officer working that night, said the officers on duty made it to the scene approximately two minutes after the call and set up a perimeter to block potential escape routes of the intruder.

"All three of us were there at the scene with the perimeter set up before the city police arrived," Welsh said.

The city police canine unit arrived minutes later. The dog was eventually responsible for finding the culprit who was hiding in thick brush. "It was an excellent display of cooperation between Campus Security and City Police," Welsh said.

A 21-year-old was apprehended at the time has since been charged with theft over \$5000 and possession of stolen property. All that was stolen in the previous two break-ins has since been recovered from the suspect's residence.

# 1997

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## Pot Club Promotes some Peaceful Toking

by Brad Hetherington  
The Marlet (cup)

Joints, grams, eighths and quarters are being sold openly and "legally" by a new organization intent on making Vancouver the "Amsterdam of North America."

David Malmo-Levine, founder of the Harm Reduction Club, has been selling pot publicly from his East Vancouver home since Oct. 19, when he officially launched the club at a rally on Commercial Drive. Malmo-Levine, a long-time hemp and peace activist, says he's confident the police will leave his pot-selling co-op alone.

"They've got better things to do with their time," said Malmo-Levine. "We are all about harm reduction and responsible use and they know that."

Located in the Drives "green-light" district, the club offers membership to anyone who prom-

ises to use the herb responsibly. Members must promise not to use heavy machinery if impaired, must be over the age of thirteen, and must not disturb the club members. They also have to pay a ten dollar membership fee.

"After that, grams are only ten dollars," Malmo-Levine said. Currently, the club has over three hundred members and is growing by twenty new members everyday. Such rapid growth has forced it to buy, on average, a quarter pound of marijuana everyday.

"We try to buy organic," said Malmo-Levine, "and we always test before we sell."

As a non-profit organization, the club gives ten percent of its earnings to their lawyer. This "reserve" is indented to cover any legal costs should the club get busted. Otherwise, the money goes to the Vancouver Medical Marijuana Society run by Mordechai, the "Muffin Man."

"It's for a good cause," Malmo-Levine said. "After all,

that's what it is all about."

The club founders are always careful to promote the peaceful, non-harmful aspects of the club. They also provide an extensive library of activist literature, videos, and Cypress Hill's CD's available for members enjoyment.

"We are calling for an end to the parasitic corporate monopoly that is denying access to the most important plant on earth," Malmo-Levine said. He said that Hemptes uses are limitless and that it can be substituted for a variety of uses ranging from paper products to fuel to building materials.

But what about all those annoying crank calls and glazed eyed pot-heads hanging around his home from ten A.M. till four A.M. seven days a week? "It's a short term nuisance for a long term solution," Malmo-Levine said. "We've already won just by resisting."

To find out more about the Harm Reduction Club or to arrange a visit to its club-house call (604) 253-6375.

## Aboriginal media program explores new learning avenues

by Chris Bodnar  
The Fulcrum (CUP)

A new aboriginal media studies program is challenging traditional methods of postsecondary education in an effort to get more native voices into Canada's large newsrooms.

The program, currently being developed at the First Nations Technical Institute in Tyendinaga Mohawk Territory, will focus on teaching students interviewing, researching, writing and coverage techniques. Internships will be available for students in mainstream and aboriginal media. Diplomas and accreditation will be given by Loyalist College in nearby Belleville.

According to Susan White, one of two people developing the program, only four of the approximately 4,000 journalists working for Canadian daily newspapers are status Indians. Interest and feedback about the program has been received from as far away as the North West Territories.

"This program certainly has national potential," said White, "We (expect to) see our graduates working in a variety of jobs across the country."

The skills taught won't be exclusive to journalism fields. Students will be taught how to present issues to society, which could lead to jobs in public relations, research and the civil service, White says.

"Aboriginal people will be the biggest story in the next century," White explained. "It's important that they get their messages across to the mainstream media."

"We talk to people and find out what (skills and resources) they need, and then we give it to them," said White, adding many people work in the aboriginal media without any formal training.

"Some of these people will want to develop specific skills to complement what they already know."

Lynda Powless, editor of Turtle Island News and national chair of the Native Journalists Association, stresses the need for a program of this sort. She cites incidents where government-funded band council newsletters are the dominant source of information in Native communities.

"Some of these (councils) don't see the difference between hiring someone to develop a program, and then having that person do a news story about the same program. (The readers) are only getting the propaganda of these groups," said Powless. "That's why native journalists are so important."

Despite the new program, Powless doesn't think many aboriginal journalists will be hired in the near future. "I would like to be optimistic that the news associations would outreach to hire these people to represent the aboriginal community. But right now there are poor job prospects for young journalists."

Maurice Switzer, also developing the program, says students won't necessarily focus on receiving a diploma. He expects the first group of students will probably be people already working in the journalism field, who need more skills and resources.

"This is a not a journalism program. It's a media program. There will be nothing traditional in the curriculum or method of this program," said Switzer.

Switzer and White have had to find innovative methods to combat traditional educational problems in aboriginal communities such as isolation and student support from peers and professors.

A Royal Commission on Aboriginal Peoples report in November recommended that educational programs for aboriginal communities be controlled by and tailored to the needs of specific communities. In terms of the aboriginal media studies program, organizers plan to make it very flexible.

"This is a travelling school. Generally the faculty goes where the students are," said White.

White says another option is to teach over the Internet. "We are using Canada's newest technology for Canada's oldest people."

The First Nations Technical Institute already deals with these issues in existing programs. It offers a Human Services program which is taught in various Ontario communities as well as the only aboriginal aviation program in North America.

The new media program is expected to begin this September.

## Cigarette Smoke? Not in My Face!

by Kim Dal Bianco  
News Editor

### So you don't smoke. Cool

But what about your friend sitting beside you at the Pub, or across from you at a party? The after-school crowd in the bus shelter? The cigarettes are out there and lit. The smoke stinks, it stings your eyes, it makes you cough. It's called environmental tobacco smoke (ETS) and it KILLS.

### What is ETS?

ETS is made up of mainstream smoke (the smoke the smoker exhales) and sidestream smoke (the smoke coming your way from the end of a burning cigarette). So guess what? Unless you're holding your breath, when your with a smoker, you're smoking. And you'll never guess what's in ETS. More than 4,000 chemicals and 50 of them are known to cause cancer.

Here's just some of the garbage you breathe when you're near a smoker:

**Nicotine** — VERY addictive, and deadly too: two to three drops of pure nicotine will kill an adult — FAST.

**Carbon monoxide** — the same stuff that comes out of car exhaust pipes — invisible, odourless and DEADLY.

**Ammonia** — not just for toilet cleaners and fertilizers!

**Cyanide and arsenic** — POISONS!

in laboratories to preserve animals for dissection.

### What does ETS do?

It makes people sick and it kills them. In Canada, more than 300 people WHO DON'T SMOKE die of lung cancer every year because of people who do.

One third of babies who die of Sudden Infant Death Syndrome (SIDS — crib death), die because their mother smoke.

More than one in ten asthma cases is triggered by second-hand smoke in the home.

Second-hand smoke also causes 35,000 cases of bronchitis and 15,200 cases of pneumonia in Canada every year.

120,000 ear infections in Canada each year can be blamed on second hand smoke.

ETS can cause increased risk of heart disease and lung cancer in otherwise healthy non-smokers.

### ETS and You

Does someone smoke in your home? It takes more than THREE hours for the cigarette smoke from ONE cigarette to disperse.

Do you go to restaurants, cafes, bars, clubs, malls, stores, arcades, or hair salons? Then chances are you get a good dose of ETS.

This year in Canada more than 50 billion cigarettes, more than 130 million cigars and 200 tonnes of pipe tobacco will go up in smoke.

All this adds up to more than 960 tonnes of tar from ETS.

### Smoking and the Environment

You know that smoking pollutes the air, but did you also know what it does to our planet? It takes five years for one cigarette butt to biodegrade (breakdown). Canadian landfills get 44,000 tonnes of garbage from cigarette packages alone! On the sidewalks, in the grass, in the gutter, cigarette butts are everywhere. They don't disappear. They get swept into storm drains and end up in our lakes and rivers. Many of them end up in birds' stomachs. To make cigarettes, lots of trees die. One tree for every 300 cigarettes made. Cigarettes factories use some four miles of paper per hour!

### What can you do?

If you want pink lungs and a clean planet you can do your part. Ask people not to smoke around you. Tell them why. Work with your friends to make your school healthy and clean. Take part in National Non-Smoking Week activities (January 20-26) and World No Tobacco Day (May 31).

For more information about the causes of smoking and cigarette smoke you can see the nurses in the Health Services office located on Student street in Laurentian Residence, or your local doctor. You can also pick-up free labels for a smoke free environment for your car or house. The health services office is also offering a 12 step program for those who really want to Butt Out.

Lead — a heavy metal (no — not the music) known to cause learning disabilities.

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## SPACE FOR RANT

### Dear Editor

Remember me from last week? I told you all that I had more to complain about when it comes to Laurentian's security? Well this one goes out to anybody that drives to school either on a regular basis or every so often. Ever notice that unless you want to pay too much money you have to park in the pit. Has anyone taken notice of how cold it has been lately? Well I really feel sorry for all those that have to walk from the pit up to say....Thornloe. As opposed to letting us park where nobody parks up in the Thornloe parking lot for an hour, they make us park as far as humanly possible away and walk. That sounds right doesn't it? One day I had my truck one day I brought it to school and for an hour I parked at Huntington and guess what? you got it, I got a fifteen dollar parking ticket. That's always nice. Basically I'm a little perturbed with the security at our school. Not only are we not safe (mostly at night) and now they can't even be a little understanding when it's fifty below outside.

My last gripe is something I'm sure everyone has been through. It happens at around 4:00pm everyday. Trying to leave the University after a wonderful day of classes we get to wait for up to twenty minutes in a line of cars simply to get out and get home. Now here is my question, for one hour of the day I understand that lights aren't necessary, but why not have one or two of our security people out there to direct traffic. It would alleviate so many of the problems. This line up makes the buses late, it makes people late for work or simply gets them angry because all they want to do is go home and relax. To me this seems to be the perfect alternative. It takes only a hour out of the day and it would help all us students. Isn't that in the job description? Well that is about all I had to get off my chest I feel better, and you?

KIM

### Dear Editor

I am not sure which department I am frustrated with, but I feel compelled to complain about the discrepancies between the clocks in the bowling alley. No two of them display the same time. This hallway is subject to the most traffic in the school and it would be convenient if the clocks there could be accurate. If they are broken and cannot be repaired, perhaps they should be removed so as not to waste electricity. If, however, they are in proper working order, I doubt they would take much maintenance once they were synchronized.

Lisa Urso

### Dear Editor,

I have something to say about Mr. McCarthy, actually, a few of us have noticed one little thing about all his articles. Although his Get in the Ring column does focus on some interesting issues, he seems to be stuck in a rut. What am I talking about? Well, he cannot write one article without mentioning his girlfriend.

I understand the importance of communication between a couple, but Bryson McCarthy seems to elevate it to a new level. I discuss such topics with my significant other as well, yet I try to form my own opinions. Discussing her thoughts and feelings about certain topics is quite irrelevant to the fact that HE is writing the article. Has he no thoughts or opinions of his own? It would appear that he does not.

Please forgive me if I sound like I'm trashing the Get in the Ring column, that is not my intention. I simply would like to point out that if Mr. McCarthy cannot cut the romantic umbilical cord then perhaps he should rename his column. Allow me to suggest something - perhaps call it My Girlfriend's Opinion! At least then we would understand the "amusing" little anecdotes, and perhaps even enjoy them.

I must say we do look forward to reading the article each week to see what Bryson's girlfriend has to say this time, or to find out what she thinks about this week's topic. We think we would like this woman. Maybe Lambda should hire her if she does not write for the paper already. And if we may be so bold as to inquire if she can answer a question for us, What kind of medical implant or technique would you suggest we use on our boyfriends to have them be so devoted? Ha! Ha!

Hedda Johnston

## L.U. President Surprised By 'Marilyn'

by Dominic Vidmar

Staff Writer

On Tuesday morning, Ross Paul, President and esteemed leader of this university was surprised by a stunning rendition of 'Happy Birthday, Mr. President' done by none other than SSR's Jim Kim, a.k.a Leak, a.k.a. Marilyn.

'Marilyn' walked in to Dr. Paul's office, briefly interrupting a Regie meeting to sing and snuggle up to the President and plant a big red kiss on his forehead. When 'Marilyn' was finished singing, Geoffrey Tesson, VP Academic, Ron Chrysler, VP Administration and Gratien Allaire, Associate VP Francophone Affairs, gave 'Marilyn' a standing ovation. It wasn't Dr. Paul's birthday, but he played along with the gag. Lambda staff was more than happy to help Kim get ready for his big debut on the 11th floor. The only drawback was not being able to find a platinum blond wig. While waiting for the signal to go into Dr. Paul's office, Kim's most memorable comment was that "the longer I stay in this stuff, the more comfortable I am."



The purpose of the stunt was to win a trip. Lambda had advertised it was offering a free trip to Daytona Beach or Panama City Beach Florida for the upcoming Spring Break. To win, participants needed to perform a stunt, the more outrageous, the better. This stunt was nothing new for Kim who is heavily involved with various groups on campus. Among others, he is a member of the Laurentian University Anthropology and Sociology Society and hosts a program on CFLR, Wednesday nights from midnight to 2:30am called the House of Leak.

Unfortunately, Kim, a second-year Sociology student, is unable to take the trip because he will not be able to get the time off. But, this is good news for the United Way Campaign on campus. Kim is donating his trip to the United Way so that they can raffle it off and raise some much needed money.

This also gave the staff on the 11th floor a much needed break from the usual routine. Lambda would like to thank Diane Massicotte, Executive Offices Manager, who helped us organize this 'event' and of course, Dr. Ross Paul who once again has shown the students of Laurentian he does have a sense of humour.

## WE WILL BE BACK ON FEBRUARY 27TH



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Editorial Meetings: Fri. at 1:30 pm  
General Meetings: Fri. at 2:00 pm

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Lambda is the weekly student newspaper of, by and for the students of Laurentian University. Lambda is funded through a direct student levy by the members of the Students' General Association, yet remains autonomous from all University organizations, both student and administrative.

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### Circulation

Lambda circulates 3,300 copies throughout the city of Sudbury and the Laurentian University Campus. We thank the following for permitting us to circulate our paper at their establishments: Vesta Pasta Cafe, Black Cat, The Towne House, East Side Marios, This Ain't The Only Café, Ralph's, Subway (Lasalle), Sudbury bus terminal, Don Cherry's.

### Write to us but remember...

All submissions become the property of Lambda Publications and will thus be subject to editing. Letters submitted must bear the author's full name and telephone number. Names will be withheld upon request. Letters must not be longer than 250 words. Lambda reserves the right to edit for content considered sexist, racist, homophobic, heterosexist or for length.



## Get In The Ring

by Bryson McCarthy  
Columnist

Valentine's Day is coming up, and I think there should be a few rules set out there for couples when this day arrives. For some reason Valentine's day has become the prime season for dumping someone and looking for a new love. Sure, I know you can't always plan when you are going to fall out of love with someone, but why does it always happen around this day?

The first rule should be that you cannot dump your significant other within one week before or at least a week and a half after February 14th. If you do then the dumpee will think you either dumped them because you did not want to give them anything, or you were just holding on until you got something from them. Another rule that goes perfectly with this rule is to never purchase anything for Valentine's Day until one

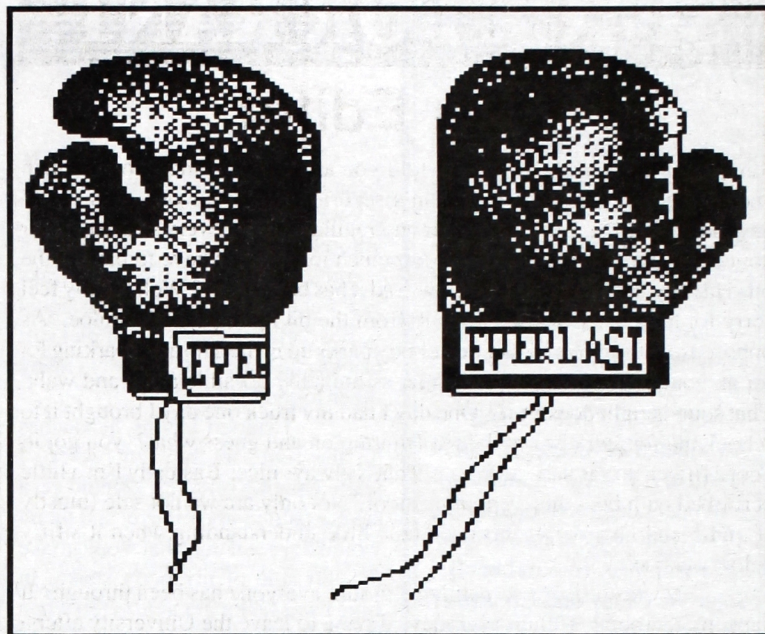
week before. If you do, and get dumped, you don't want to be stuck with a whole bunch of chocolate, or some little lace negligee you don't want to return because La Senza scares you.

Another rule for Valentine's Day gift giving is don't go overboard. You may scare the person of your dreams or your significant other away. Take into consideration how long you have been with or have known the person. A large gift or something with special meaning behind it should be saved for someone you have been with for a long time. A small box of chocolates or a small arrangement of flowers is safe for those just starting out. Another thing, if you find out your Valentine has told everyone how cheap you were, or that you did not get them enough for Valentine's Day, then they are not worth keeping around. Save your money and love for someone who is not so centred on material things.

Valentine's Day is also a very bad day for a first date. There is too much pressure on that day to

begin with, why make it worse. Everyone else will be out with their significant other and just knowing that, and having to see it every where you go can kill your chances of getting the ever so important second date. Also, never start a relationship with someone you meet on Valentine's Day. This is the day of desperation for those who are single. Single people feel they are under so much pressure to find and be with someone on that day, you can actually smell the desperation in the air at any bar. Who you meet on Valentine's Day may seem fine then, but you must remember your guard (and standards) have dropped immensely after seeing all those loving couples out together.

Why can't Valentine's Day be like it was in elementary school. You would go to the local K-Mart with your mom and buy a packet of forty Smurf Valentines and give one to everyone in your class, of course, saving the best one for that one person you have loved since you saw them in the sandbox in Kindergarten. It used to be so simple back then. You



would give out forty Valentines, and you would get back the same amount. You never got dumped, or had to dump; you never worried about what to get someone, or what you would get in return, or where to go and what to say. Valentine's Day has turned from a simple innocent day into a day of problems, money, and desperation.

I hope some of you will read

and at least consider these rules of Valentine's Day. They may seem like a joke at first, but when you think about it, you or someone you know has been in one or more of these Valentine situations. Valentine's Day is not a day to be taken lightly any more. Be careful, or you may end up in the ring, battling with all the others who screwed up or gave up on Valentine's Day.

**Question:** I would like to know why the student body is not automatically registered to use library services when they register for the school year. It seems an immense waste of time and paper to register separately the first time a book is signed out that year. The University of Toronto changed their system about 7-8 years ago so that a student who is properly registered for the year is automatically registered for the library.

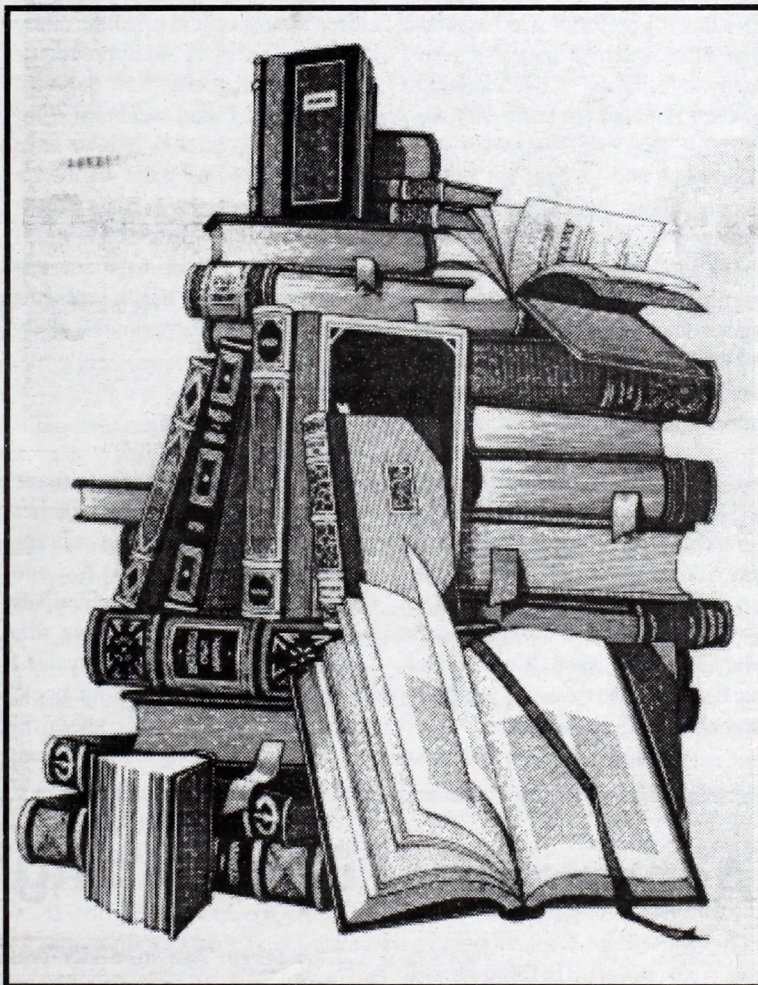
**Reply:** You are absolutely right. This university has not yet been able to create a workable handshake between the registrar's files and the library's. That said, Laurentian (in concert with Lakehead and Trent Universities) has apparently just purchased a new Student Information System, due to be rolled out next fall, that will resolve the very problem you have identified.

In preparation for this move, you may have noticed that this year your student card number now serves as the bases of your patron number in the library; the student card may also be used as a photocopy card. If you are still shelling out a loonie for the old blue and white photocopy card, you need do this no more since an amount for photocopying can be added to your student card.

**Question:** As a faculty member, I'm privileged to take out library books for four months and in the past year, the library has been kind enough to send me memos about books that are almost due. This is much appreciated because of my busy schedule. Could we please continue this practice?

**Reply:** No, not to put the matter too ungraciously. The reason for this change in library practice is twofold. First, as you may have noticed, the library staff numbers

## The Amiable Librarian



reduced last year in the budget cuts, and overdue notices was one service that had to go. Second, you, like everyone else, can check when your books are due using the loans module. On the VAX, at the \$ prompt, just type loans, and once you select the Desmarais Library, you will be automatically connected to a menu that allows you not only to check what you have out, but also to renew your books (once) as well as to place holds. In your case, you may do this from the comfort of your office. If you need specific instruction on what to do, pick up the library's brochure "Do It Yourself" (although a copy of this brochure was mailed to every faculty member last fall and it might be in the file you hopefully have set up under LIBRARY).

**Question:** I was wondering why many of the books in the nursing section are in excess of 3 or 4 copies. In many other disciplines, we only get one copy of each book, so the Prof.. must put it in reserve so every-

one has a fair chance.

**Reply:** Shrewd observation. The library's general policy is to purchase one copy of each title, not several. In the case of nursing, the programme has been offered simultaneously at several sites off campus and in those instances, the library purchased more than one copy of a title.

**Question:** I find that the university calendars for Canadian universities, especially graduate calendars, are missing in the library; and many of the ones still here are outdated. I think it would be beneficial to students to access Ontario university calendars for graduate study.

**Reply:** Some universities have stopped sending us calendars because of the cost; other because they have made them available on the WWW. In still other instances, the calendars we have, have been removed from the library. For the moment, the Counseling and Resource Centre (L210) has a more complete collection than the library's, and you are always welcome to consult it. For more information, please contact Dr. Paddy Blenkinsop, ext. 1030.

SGA  
AGE

As of Feb. 4/97 the office hours for the Students' General Association will be  
**Monday to Friday 8:00 am to 4:30 pm and until 9:00 pm on Tuesdays.**  
Du 4 février, 1997 les heures de bureau pour l'Association Générale des Étudiant(e)s seront  
**du Lundi au Vendredi de 8h00 à 16h30 et aussi à chaque Mardi jusqu'à 21h00.**

General Elections-Nominations open until Feb. 12, 1997 at 4:00 pm  
Élections Générales-Mise en Candidature jusqu'au 12 Février, 1997 à 16h00

**FREE Legal Aid** will be provided for members on February 12/97 from 2 until 5 pm. To book an appointment call 673-6547 or drop by the SGA office in the Student Centre. Vous pouvez consulter avec un avocat le 12 février, 1997 de 14h00 au 17h00. Ce service est **GRATUIT**. Pour faire un rendez-vous, simplement composer le 673-6547 ou venez nous voir au bureau de l'AGE au centre d'étudiant.

**SPEED READING - FEBRUARY 10/97 7-10 PM OR FEBRUARY 11/97 5:30-8:30.** COST IS \$45 FOR THE COURSE AND MATERIALS. PLEASE CALL THE SGA OFFICE AT 673-6547 BEFORE FEBRUARY 7, 1997.

**LA LECTURE RAPIDE - le 10 FÉVRIER, 1997 DE 19H00-22H00 OU le 11 FÉVRIER, 1997 DE 17H30-20H30.** POUR PLUS DE RENSEIGNEMENTS, COMPOSER LE 673-6547 AVANT LE 7 FÉVRIER, 1997

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## Aspartame

Aspartame is the technical name for the brand names, NutraSweet, Equal, Spoonful, and Equal-Measure. Aspartame was discovered by accident in 1965, when James Schlatter, a chemist of G.D. Searle Company was testing an anti-ulcer drug. Aspartame was approved for dry goods in 1981 and for carbonated beverages in 1983. (Actually, it was originally approved for dry goods on July 26, 1974, but objections filed by neuroscience researcher Dr. John W. Olney and Consumer attorney James Turner in August 1974 as well as investigations of G.D. Searle's research practices caused the FDA to put approval of aspartame on hold). In 1985, Monsanto purchased G.D. Searle and made Searle Pharmaceuticals and The NutraSweet Company separate subsidiaries.

Aspartame is, by far, the most dangerous substance on the market that is added to foods. Aspartame accounts for over 75 percent of the adverse reactions to food additives reported to the U.S. Food and Drug Administration (FDA). Many of these reactions are very serious including seizures and death as recently disclosed in a February 1994

Department of Health and Human Services report.

A few of the 90 different documented symptoms listed in the report as being caused by aspartame include:

Headaches/Migraines  
Dizziness  
Seizures  
Nausea  
Numbness  
Muscle spasms  
Weight gain  
Rashes  
Depression  
Fatigue  
Irritability  
Tachycardia  
Insomnia  
Vision Problems  
Hearing Loss  
Heart palpitations  
Breathing difficulties  
Anxiety attacks  
Slurred Speech  
Loss of taste  
Tinnitus  
Vertigo  
Memory loss  
Joint Pain

According to researchers and physicians studying the adverse effects of aspartame, the following chronic illnesses can be triggered or worsened by ingesting of aspartame[2]:

Brain tumors  
Multiple sclerosis  
Epilepsy  
Chronic fatigue syndrome  
Parkinson's Disease  
Alzheimer's  
Mental retardation  
Lymphoma  
Birth defects  
Fibromyalgia  
Diabetes

I am a diabetic and have been using insulin for 18 years. My doctor advised me to use sugar substitutes in my diet. He also said I could drink as much diet soft drinks as I wanted. This I did. I used Equal in my coffee. I used a lot of diet soft drinks and used NutraSweet in many other foods I ate.

I started having headaches all the time, as they got worse, I started having seizures. I would get a severe pain in my left eye, and then I would have seizures that would make the left side of my body shake. In time I was no longer able to tell when these were going to start, they would just come on all of a sudden and I would have up to eight seizures one right after the other. The seizures were not the only symptoms I had, I couldn't sleep, my mouth was dry all the time. I had sores on my tongue, I started having trouble with my memory. My eating habits changed, foods that I liked no longer tasted good to me. The smell of some foods I just couldn't stand. My stomach bothered me a lot, I had to use Anusol all the time because of the burning I had after a bowel movement. This was very painful. I had muscle spasms in my legs almost every night which caused my legs to be sore all day long, and my back was sore from the seizures.

I was so sick that I thought I was dying, and so depressed that I was losing the will to live. My doctor requested a cat scan, and other tests which were inconclusive. I was scared, I didn't know what to do. Fortunately a relative of my son-in-law informed me that my problems may be due to the use of NutraSweet. I thought anything is worth a try, so I quit using NutraSweet on a Sunday, and by Tuesday the seizures stopped. I haven't had any seizures since, and all of the other symptoms have stopped except the change in my eating habits. I feel very strongly that I may have died if I had continued to use NutraSweet. This poison should be taken off the market. How many others are suffering because of it?

I was using NutraSweet be-



cause of my diabetes. My brother, who is also a diabetic became very ill, having seizures, and other symptoms. He was told that his condition may be caused from the use of NutraSweet. He stopped using it and his seizures and other symptoms stopped. I was convinced that I should also stop using it and I was surprised to find that the frequent headaches I was having stopped.

My blood sugar dropped also.

April 16, 1995

I had used Equal/NutraSweet/aspartame for 4 or 5 years with no idea that it's poisonous, as I assumed that FDA approval means it's perfectly safe for us. I Used about 12 paks of Equal in hot coffe each day.

The first symptoms were depression and vertigo, but I didn't connect them with Equal. My legs cramped constantly and pained at night, and I had insomnia and terrible nightmares and memory loss. My vision deteriorated until I expected to go blind, but my eye doctor couldn't explain why. My life became a nightmare, and I turned to prayer.

It worked! I received a NUTRASWEET IS A NEUROTOXIN flyer listing all my symptoms, so I abandoned aspartame in any form. My vision returned, the cramps disappeared, and I could sleep without nightmares. The depression and vertigo vanished. It was a miracle because I had thought I was dying and had Multiple Sclerosis.

If you have a serious prob-

lem, it's natural to investigate it. Often the Experts are publicity mills funded by the pirates that make the stuff. It's like asking the Mafia about the crime rate. Both the American Dietetics and American Diabetic Associations get big bucks from NutraSweet. Such organizations propagandize physicians on how safe it is, so doctors are often aware of the danger.

Much research confirms aspartame toxicity as do 80% of complaints the FDA has received on food additives. Heated aspartame is the most hazardous. My 12 packs/day in coffee almost cost my health, sanity and life. Now FDA has approved its use in baked goods, 350 degrees! Before Equal I used saccharin without a problem. It looks like we have no protector, so we must warn each other. In this spirit I attest to the nightmare Equal made of my life. I urge you to take the no aspartame test and discover if your health problems are the results of continuous daily poisoning.

Mrs. Gloria Collins

Dear Dr. Roberts:

The purpose of this letter is to thank you for saving me from the clutches of aspartame. I admire your courage in standing up to the F.D.A. and other organizations and individuals who make the public believe this substance is safe. For several years I had been hearing about your book, papers, and public appearances regarding the dangers of aspartame,

but, like so many others, thought I could trust that the F.D.A. wouldn't approve anything for human consumption which wasn't safe. I had to be brought to my knees before I finally purchased and read your book last month. It was out of desperation, as over a period of 8 years I have had one ailment after another, most of which the doctors and specialists could not diagnose or treat. I have been to all of them mentioned in your book and had all the tests as well.

I have had most all of the symptoms as those you surveyed: petit mal seizures, headaches (felt like my brain was going to come out of my heat), loss of vision, dry eyes, dry mouth, dry skin, disorientation, dizziness, sleeplessness, diarrhea, sensitivity to noise and bright light, stomach bloat and gas, inability to lose weight on what had previously been a successful diet and might have gained weight, shortness of breath, chest pains, irregular heart beat. I always had the feeling I was seeing the world through a clouded lens. I took myself off aspartame about a month ago. The above symptoms are either gone or are greatly reduced at this point. Thank you, thank you. I do have a question - you mention rheumatic disorders in your book - I was diagnosed as having Polymyalgia Rheumatica about 8 years ago and was treated for almost 3 years with prednisone. I had gone from perfect health to almost being crippled at age 53 for no apparent reason. Could that have also been brought on by the consumption of aspartame? That would have been about the time that substance was first appearing on the market. Another purpose of this letter is to let you know I am an activist type and am willing to fight for causes I believe in. If I can help you in any way, please let me know. I'll write letters. I'll speak. It would be good therapy for me. Right now I have a mountain of resentment about the years of pain and suffering needlessly caused by ingesting something harmful into my boy without even being warned. When you consider that I drive a lot, it could have cost me my life.

## Methanol in Aspartame

1. Methanol from alcohol and juices does not get converted to formaldehyde to any significant extent. There is very strong evidence to confirm this fact for alcoholic beverages and fairly strong evidence for juices.

2. Formaldehyde obtained from methanol is very toxic in very small doses as seen by recent research.

3. Aspartame causes chronic toxicity reactions/damage due to the methanol formaldehyde and other break down products despite what claimed otherwise by the very short, industry-funded experiments using a test substance that is chemically different and absorbed differently than what is available to the general public. "Strangely enough" almost all independent studies show that aspartame can cause health problems.

4. A common ploy from Monsanto is to claim that aspartame is "safe" yet a few select people may have "allergic" reactions to it. This is typical Monsanto nonsense, of course. Their own research shows that it does not cause "allergic" reactions. It is there way of trying to minimize and hide the huge numbers of toxicity reactions and damage that people are experiencing from the long-term use of aspartame.

## Coke changing sweetner

Sergio Zyman, a vice-president and chief marketing officer for Coca-Cola stated at a recent news conference that Coca-Cola is considering reformulating their Diet Coke to include the artificial sweetener Acesulfame-k (Sunett). The reformulation may involve the use of multiple artificial sweeteners. Sunett is made by Hoechst AG of Germany. If the FDA approves Acesulfame-k for diet beverages, US citizens will be able to play Russian Roulette with another artificial sweetener just like they did with the neurotoxic aspartame (made by Monsanto Chemical Company subsidiary NutraSweet).

The safe, natural, time-tested, no calorie sweetener, stevia is still banned by the FDA (rumored to be at the request of NutraSweet) for use as a sweetener but can still be purchased by individuals seeking a safe sweetener.

There are many "naturally-sweetened" sodas without aspartame, acesulfame-k, saccharine, and refined sugar/fructose. Common brands names found at health food stores include R.W. Knudsen and Santa Cruz Naturals. In this way, you can still enjoy extremely good-tasting beverages and pass on the neurotoxins.

**NEXT ISSUE FEB. 27**



Before we discuss individual studies, it is important to list common and very serious flaws in all of the research funded by NutraSweet. This is by no means meant to be a comprehensive list of flaws -- simply the most common serious flaws. The flaws I will discuss in this section related to studies after aspartame was approved (post-approval). The pre-approval studies bordered on criminally fraudulent activity in my opinion and will be discussed in a later section.

## Test Material

In most of the NutraSweet-funded studies, the test material used was fresh, encapsulated aspartame. This is a major flaw for the following reasons: 1. The chemical makeup of the fresh aspartame used is almost 100% pure aspartame and differs significantly from what is being ingested by the general public. This is discussed thoroughly in the "By-Products and Breakdown constituents" section above. This means that DKP, beta-aspartame, free methanol, and other possible breakdown products are not being tested in these experiments.

2. In 1987, Stegink tested the effect of aspartame taken in liquid as opposed to capsules on plasma phenylalanine, phenylalanine/LNAA, tyrosine, and aspartate (Stegink 1987a). The difference was striking. The plasma phenylalanine and aspartate levels rose very quickly to extremely high levels when ingesting the liquid



aspartame mixtures, but the plasma amino acid levels only rose moderately when ingesting encapsulated aspartame. While this experiment compared the effect of aspartame in liquid vs. capsules, it did not test real world liquid aspartame-containing

products which would contain significant amounts of DKP, methanol, free amino acids, and other possibly dangerous chemicals. The rise in plasma amino acid levels may be even more striking and sudden with such products due to even faster absorption.

3. The experiment conducted by Stegink (1987a) showed that capsule administration of aspartame significantly delayed absorption of aspartic acid and phenylalanine. In fact, with liquid administration, the peak amino acid levels were reached within 32 minutes (average), yet capsule administration led to a gradual rise in amino acid levels and took approximately 2.5 times longer to reach much lower peak levels.

Not only is the enormous difference in the plasma amino acid spikes important as discussed above, but the sudden spike that occurs in liquid administration that may also be very important. When a substance is gradually absorbed in a way that causes it to be slightly toxic, the body

has a chance to adjust and mount a defense. Sudden absorption of single, potentially neurotoxic amino acids does not give the body a chance to mount a defense. It is also very important to note that delaying the absorption of methanol as would happen when ingesting encapsulated aspartame may reduce the methanol toxicity somewhat since food in the stomach, which also delays methanol absorption, seems to reduce methanol toxicity. It is interesting to note that as early as 1973, the FDA told the manufacturer of aspartame that there is "No pharmacokinetic data . . . on absorption, excretion, metabolism, half-life; nor bioavailability of capsule vs. food additive administration" (Freeman 1973). It wasn't until 1987, 14 years later, that NutraSweet finally got around to testing capsule administration as compared to liquid administration! There was a striking difference as described above. To this day, there has been no tests comparing the administration of various real-world, aspartame-containing products to capsule administration.

The large difference in biochemical reactions produced when ingesting real world aspartame-containing products as opposed to capsules given in the laboratory totally negates the results from experiments which used such capsules and found no adverse effects. When using aspartame-containing capsules, 1) much less aspartame gets absorbed (Stegink 1987a), 2) the absorption is much slower causing the increase in blood levels of aspartame by-products to be much more gradual (Stegink 1987a), and 3) other by-products and breakdown constituents do not get absorbed as they do in real-world products (Tsang 1985). Had real-world, liquid products been used, the number and severity of negative reactions due to aspartame would likely have been much greater.

## Test Product Administration

In order to test the effects of aspartame on health it is important to simulate the way the product is taken by the general public. Sometimes aspartame is ingested with full meals. More frequently, however, aspartame is ingested by itself (e.g., diet colas) or with a sugary snack. It is important to test both methods of administration.

It is obvious that the biochemical effect of the three original components of aspartame, aspartic acid, phenylalanine, and methanol will be much greater when it is ingested separate from a full meal. (This will be discussed in more detail in later sections.) When taking aspartame with meals the following things occur:

i) The aspartame will not be absorbed as quickly leading to less of a rise in plasma aspartate and phenylalanine levels; ii) The other amino acids absorbed from the food will keep the plasma aspartate and phenylalanine levels from rising as high as they would normally; iii) The plasma phenylalanine to large neutral amino acid (LNAA) ratio will not be as large due to the LNAA's in the food. (This will be discussed in detail in a

later section.); iv) The food may serve as a protective factor reducing the methanol toxicity as will be discussed in the Methanol section. It is obvious that the acute and chronic effects of aspartame ingestion will be slightly less when it is ingested with full meals. All previous experiments that tested aspartame ingestion with full meals, tested the best-case scenario and not what is most common in the real world. Therefore, all such research of aspartame with full meals should be regarded as interesting, but not very useful.

## Short Experiments

The majority of NutraSweet-funded experiments on humans tested aspartame for one day or less. Although there is a wide variation in when adverse reactions begin, it is usually several weeks or months after use begins before adverse reactions are noticed (Roberts 1990a, page 70). After the adverse reactions begin, regular aspartame use usually causes more frequent adverse reactions. James Scala, the former director of Health Sciences for General Foods Corporation said that most of the early NutraSweet research consisted of short-term studies that ignored possible subtle, long-term effects. Pediatrician and Geneticist Dr. Reubon Matalon stated "Let us say cigarettes were invented today, and you give 20 people two packs a day and after six weeks, no one has cancer, would you say that it is safe? That's what they did with NutraSweet." (Gordon 1987, page 486 of US Senate 1987)

## Animal Tests

All three main ingredients in aspartame, methanol, aspartic acid, and phenylalanine have been shown to have much greater toxic effects in humans than in rodents. Methanol and aspartic acid is much more toxic in humans than in monkeys. Methanol tests in rodents are worthless. Methanol tests in rhesus monkeys are also worthless or guesswork at best as discussed in the Methanol section below. Methanol is much more toxic in humans than any other species.

Aspartic acid is 5 times more toxic in humans than in rodents and at least 20 times more toxic in humans than in monkeys as discussed in the Aspartic Acid section. Phenylalanine tests in rodents are guesswork at best and probably worthless as discussed in the Phenylalanine section below. Phenylalanine is much more dangerous in humans than in rodents. It is unknown whether DKP, beta-aspartame, or racemized amino acids have different effects in humans as opposed to laboratory animals. Therefore, aspartame tests in animals, especially those which tested for the effects of methanol and phenylalanine in rodents, or methanol and aspartic acid effects in monkeys should be ignored -- as the negative effect in humans would likely have been much greater.

It is important to point out that these flaws are not news to the NutraSweet Company. Many people have been pointing out these flaws for years and pushing for legitimate experiments instead of press releases disguised as research.

# Pilots concerned with risks

Recently, a letter was sent to COPA in which a pilot expressed his concerns over questionable adverse effects from consumption of diet drinks containing aspartame. By 1986, the FDA and the Centre for Disease Control in the U.S. had evaluated 3,000 known complaints. Fellow pilots who may have had similar side effects may be interested in the information below:

The January, 1990, Plane and Pilot magazine featured an article on drugs and alcohol vis-a-vis safe flying practices that also talked about food additives. It explained that diet soft drinks are sweetened artificially by Aspartame (NutraSweet and Equal), and that Aspartame contains 10% methanol. That caught my attention! I know that methanol (wood alcohol) is a poisonous substance, which on ingestion causes blindness and death; two teaspoons full are considered lethal.

The article disclosed that methanol destroys the brain, albeit a little at a time, and that effects are cumulative. Depending on a person's physical state and tolerance level, immediate effects can either be severe (resulting in epileptic seizures, including grand mal, blindness, chest palpitations), or less noticeable (causing blurred vision, bright flashes, tunnel vision, ringing or buzzing in ears, migraine headaches, dizziness, loss of equilibrium, lip and mouth reactions); less noticeable effects might be passed off as temporary or caused by something else. But everyone is affected in one way or another, since methanol causes toxic reactions, not just allergic ones in a few unfortunate. Here are some direct excerpts

from the article:

"An Air Force pilot traced the patterns of tremors and seizures he suffered for two years directly to his patterns of NutraSweet consumption. When he traveled to areas where diet sodas were not available, he was free of the symptoms. But, when he resumed intake of the beverages, his tremors resumed, grew more severe and culminated in a grand mal seizure that ended his flying career. His medical problems ceased when he quit ingesting NutraSweet, but it was too late to restore his flying status." "Another pilot suffered similar symptoms only when using Aspartame products. But FAA revoked his medical certificate when it was informed of the symptoms. After only two cups of artificially sweetened hot chocolate, a pilot experienced blurred vision so severe he was unable, in flight, to read the instruments and very narrowly avoided a tragic landing. Safely on the ground, he related his symptoms to the secretaries in his office. Both of them told of experiencing similar symptoms after ingesting Aspartame products.

I, too, had bad experiences with Aspartame. It replaced saccharin about 10 years ago. As a marathon runner in his 30s, I consumed litres of diet drinks daily at that time. When I first drank pop with Aspartame, it had immediate and severe effects upon my consciousness and vision. After a few scary incidents, pop consumption and problems seemed related.

I described symptoms and circumstances to my doctor. He ran tests, but never seriously listened to my concern of relating pop with the

effects. He was a reasonably competent G.P., but not ready to distrust, let alone blame, an FDA approved sweetener. Eventually, I quit ingesting Aspartame and have not had incidents since. Employed in the professions and a post-graduate, I conduct research occasionally and am aware of the difficulty of matching cause and effect (and the danger of doing it improperly.) But, there is no doubt in my mind that "tests" with my body proved that Aspartame is bad (at least for me.)

When I spoke about this to a non-flying, weightlifting gym friend, he volunteered for a test. After drinking one can of diet pop, his ears started ringing within minutes and he got a pulsating sensation in his brain.

Apparently, the other main components of Aspartame, Phenylalanine [50%], Aspartic Acid [40%], combined with the Methanol [10%], create a witch's brew of 16 breakdown products after digestion that cause illness. Animal tests revealed brain tumors, some cancerous; holes in the brain, womb tumors, uterine tumors and reproductive dysfunctions. Studies on humans indicated that pregnant women and young children run especially high risks.

There is evidence of birth defects in offspring's, including severe retardation, genetic damage, especially in women who carry the PKU (Phenylketonuria) gene, heart problems and emotional and psychiatric disorders.

Article written by a Canadian Pilot, taken from Canadian General Aviation News March, 1990



## Dear Doctor Rivner

I have spent several days lecturing at the World Environmental Conference on aspartame marketed as NutraSweet, Equal & Spoonful. In the keynote address by the EPA they announced that there was an epidemic of multiple sclerosis and systemic lupus, and they did not understand what toxin was causing this to be rampant across the nation.

I explained that I was there to lecture on exactly that subject. That the wood alcohol in aspartame converts to formaldehyde and then formic acid, (ant sting poison) and causes metabolic acidosis. That methanol toxicity mimics multiple sclerosis and that people were being diagnosed with it in error. That multiple sclerosis was not a death sentence but that methanol toxicity is.

In the case of systemic lupus we are finding that it has become almost as rampant, especially with Diet Coke drinkers or Diet Pepsi drinkers, also with methanol toxicity the victims usually drink three or four of them a day. In the case of systemic lupus which is triggered by aspartame, the victim usually does not know that is the culprit and continues its use aggravating it to such a degree that sometimes it is life threatening. When we get people off aspartame those with systemic lupus usually become asymptomatic but we can't reverse the disease.

On the other hand, in the case of those diagnosed with MS when in reality its methanol toxicity most of the time all symptoms disappear. We've seen cases where their vision has returned and even their hearing has returned. It causes a good deal also of tinnitus. During a lecture I said: "If you're using NutraSweet (Equal, aspartame, Spoonful, etc.) and you have fibromyalgia symptoms, spasms, shooting pains, numbness in your legs, cramps, vertigo, dizziness, headaches, tinnitus, joint pain, depression, anxiety attacks, slurred speech, blurred vision, or memory loss --- you have aspartame disease!" People were jumping up in the lecture saying: "I've got it, I've got it - is it reversible!" It is rampant.

Some of the speakers even were suffering from these symptoms. In one lecture attended by the Ambassador of Uganda, he told me the sugar industry is adding aspartame! We heard about that. He even said the man's son could no longer walk - probably using the product!

We have a major, major problem. Even a stranger came up to Dr. Espisto and myself at the airport when we were giving out information and said: "Could you tell me why everyone is coming down with MS?" A hospice nurse said she had 6 friends who were Diet Coke addicts and they had all been diagnosed with MS. This is beyond coincidence! Here is the problem! There were congressional hearings when it was in 100 products and then a few hundred products. There have been three but the drug/chemical company has deep pockets. Nothing was done. People at that time were already going blind because the methanol converts to formaldehyde in the retina of the eye. NOW ITS IN 5000 PRODUCTS AND THE PATENT HAS EXPIRED! It's in antibiotics, vitamins, baked goods and all kinds of products. Dr. H. J. Roberts, world expert

on the subject, said its hard to avoid. When you think of NutraSweet remember it is not a food additive but a deadly drug. Put it in the class with cyanide and arsenic -POISONS! It just takes longer to kill you but it is killing people and causing all kinds of neurological problems. It changes the brain chemistry, it is the reason for the rampant seizures, it changes the dopamine level in the brain so you can imagine what it would do to a Parkinson patient, and it causes birth defects. There is no reason to take this product for any reason. It is NOT A DIET PRODUCT!!!! The Congressional Record said it makes you crave carbohydrates and get fat! Dr. Roberts said when he got patients off of it the average weight loss was 19 lbs. The formaldehyde stores in fat cells, particularly on the hips and thighs!!!! It is deadly for a diabetic. Any physician knows what wood alcohol will do to a diabetic. We find that physicians think they have diabetic retinopathy when they are going blind. It keeps their blood sugar out of control, many going into comas. Many have died!!!! People were telling me at the conference they had relatives that had switched from saccharin to NutraSweet and how they had gone into comas, the doctors couldn't figure out why they couldn't keep their sugar under control, and eventually they had died - and they had lost their memory in the end. Memory loss is due to the fact that the aspartic acid and phenylalanine are neurotoxic without the other amino acids in protein and goes past the blood brain barrier and deteriorates the neurons of the brain. Dr. Russell Blaylock, Neurosurgeon, said the ingredients stimulates the neurons of the brain to death causing brain damage of varying degrees. He's written a book about it called EXCITOTOXINS; THE TASTE THAT KILLS Dr. Roberts realized what was happening when aspartame was first marketed because he said his diabetic patients presented with memory loss and confusion and severe vision loss. At the Conference of the American College of Physicians, doctors admitted they didn't know. They wondered why seizures were rampant (the phenylalanine in aspartame breaks down the seizure threshold and depletes serotonin which causes manic depression, panic attacks, rage and violence).

Just before I left for the conference I got a fax from Norway asking for an antidote because they are having so many problems in their countries. This poison is now in 90+ countries of the world! Fortunately, we had speakers and ambassadors at the Conference from different nations who are going help. We ask that you help too. Take anything with this product back to the store.

This is a warning: OUT-BREAK; ASPARTAME DISEASE! This is probably what is behind 6000 deaths from Desert Storm. The burning tongue discussed on 60 Minutes is the methanol breaking down. Aspartame liberates methanol in the can at 86 degrees. Diet drinks sat in the 120 degree Arabian sun for 8 weeks at a time on pallets and the servicemen drank them all day long. All their symptoms are identical to aspartame disease.

## Exclusive Interview Consumer Information On Aspartame MARY NASH STODDARD

DEADLY DECEPTION, a fact-filled sourcebook concerning the sweetener "aspartame" (NutraSweet/Equal.) She started ACSN's Pilot's Hotline, which has taken over 500 pilot-related calls about aspartame-related flight-safety impairments, including grand mal seizures in the cockpit, as well as loss of vision, vertigo, and heart problems. Stoddard has qualified as an expert witness in aspartame-related courtroom proceedings and is a board member of the National Natural Foods Association. From 1977-1983 she was appointed Judge on the State of Texas Board of Adjustments.

Q: Your important consumer education work on the sweetener "aspartame" is well known and we are delighted to speak to you. Is it true that the large majority of non-drug complaints to the Food and Drug Administration are about adverse reactions to aspartame, also called NutraSweet or Equal?

A: Currently, it's about 78% of the complaints. At one time, the figure was 85%! Yet, this isn't reported in the newspapers or announced through other media. It's a well-hidden secret.

Q: Imagine if it were a vitamin or herbal product, we'd have the federal pill police swarming like angry bees. Would you please list for us some of the symptoms caused by aspartame?

A: Aspartame not only causes individual symptoms, it can mimic entire syndromes! For example, the CFIDS (chronic fatigue and immune deficiency syndrome) newsletter calls it the "sweet poison, NutraSweet," because it can mimic the symptoms of CFIDS. It can also cause grand mal seizures. According to H.J. Roberts, M.D., it can cause decreased vision, pain in the eyes, decreased tears, ringing in the ears, hearing impairment, headache, dizziness and unsteadiness, confusion, memory loss, drowsiness, sleepiness, slurring of speech, numbness and tingling, tremors, depression, irritability, aggression, anxiety, insomnia, phobias, heart palpitations, shortness of breath, high blood pressure, nausea, diarrhea, abdominal pain, itching, hives, menstrual changes, weight gain, hair thinning and hair loss, urinary burning and frequency, excessive thirst, fluid retention, bloating, increased infection, and even death.

Q: Death?

A: Five deaths reported prior to 1987. We don't know the number since then.

Q: What's in this stuff?

A: Among other things, it's about 10% methanol (wood alcohol,) famous for causing blindness in alcoholics. In the body, methanol metabolizes into formaldehyde, a neurotoxin; formic acid, a venom in ant stings; and diketopiperazine, which causes brain tumors in animals. It's so bad that in July of 1983, the National Soft Drink Association presented official objections to putting aspartame in beverages. I'll read you one of their objections: "It is well established under Section 402(a)(3) that a food which contains a decomposed substance...is subject to sei-

zure by FDA." It's thoroughly established that after a number of weeks and at temperatures over 85 degrees F, there's no aspartame left in a soft drink, only breakdown products. So, why isn't FDA seizing it under Section 402 (a)(3)?

Q: Your book, Deadly Deception reports that initially FDA had started investigations of the G.D. Searle Company, makers of aspartame.

A: Yes. In 1977 an FDA task force submitted a 15,000 page document covering their investigation. Here are two quotes: "We have uncovered serious deficiencies in Searle's integrity..." "The cumulative findings of problems within and across the studies we investigated reveal a pattern of conduct which compromises the scientific integrity of the studies."

Q: These were from FDA's task force report on Searle's aspartame?

A: Yes. Your readers may not know aspartame was originally approved in 1974, but then the brain-tumor issue arose, the approval was withdrawn.

Q: Tell me about the brain tumor issue.

A: Many of the test animals fed aspartame developed large tumors. These were actually cut out, and the animals returned to the study. In some cases, the tumors weren't even examined for malignancy, and the tumors weren't reported to FDA. In several cases, animals were reported as dead and later reported as alive again.

Q: No wonder FDA's task force "uncovered serious deficiencies in Searle's integrity!"

A: The results of the task force investigation of aspartame and other Searle drugs were presented to the U.S. Senate Subcommittee on Labor and Public Welfare. Senator Edward Kennedy said that "the extensive nature of the almost unbelievable range of abuses discovered by the FDA on several major Searle products is profoundly disturbing."

Q: So, how did aspartame ever get approved and progress so far into our food supply?

A: Well, for one thing, a former member of Congress and Chief of Staff in the Ford Administration, Donald Rumsfeld, was hired as President of Searle in 1977. Rumsfeld was paid \$2 million in salary and \$1.5 million in bonuses between 1979 and 1984.

Q: Oh, yes?

A: Also, in 1977, senior Assistant U.S. Attorney, William Conlon was assigned to the Searle case. He took no action, despite repeated prodding by Richard Merrill, Chief Counsel to the FDA. One year later, Conlon took a position with Sidley and Austin, the law firm representing Searle.

Q: A pattern seems to be emerging.

A: Rumsfeld, now Searle president, hired John Robson as Executive Vice-President - he had been a spokesman of the Civil Aeronautics Board; William Greener as Chief Spokesman for Searle - he had been a spokesman in the Ford White House; and, Robert Shapiro as General Counsel, who later became head of Searle's NutraSweet Division - he had been a

Special Assistant in the Department of Transportation. But, here's the pay-off!

Q: No pun intended?

A: The facts are interesting, aren't they? In 1983, the Commissioner of the FDA, Dr. Arthur Hull Hayes, Jr. approved NutraSweet for soft drinks two months before leaving office. Two-to-three months later, he accepted a position as Senior Medical Advisor to Searle's public relations firm, Burson Marsteller. He was paid \$1,000 per day as consultant.

Q: Really, \$1,000 a day? This is a matter of public record?

A: A matter of public record. And, Michael Taylor was also involved in the approval of aspartame.

Q: Michael Taylor, the Bovine Growth Hormone (rBGH) man, who worked for FDA, lawyered for Monsanto to get rBGH approved, then went to work for FDA writing the rBGH regulations?

A: The very same. Didn't you know that Dr. Searle is a wholly-owned subsidiary of Monsanto, with Robert Shapiro as current CEO? In my book, Deadly Deception, there's a reprint of a scientific paper showing that aspartame aggravates abnormal brain waves in children with epilepsy (Neurology 1992;42:1000-1003.)

Q: Maybe airline passengers should question pilots about aspartame use before boarding! What about those U.S. Senate hearings during which pilots testified about the adverse effects of aspartame on their flying abilities?

A: There have actually been three hearings.

Q: Here we go again!

A: Speaking of contributions... watch out diabetics! The NutraSweet company has given money, money, money to the American Diabetic Association. And, remember when you hear a registered dietitian say aspartame is safe for pregnant women, children, and everyone else, the Registered Dietitian's professional association has been given \$75,000 to expound on the virtues of aspartame. The American Dietetic Association has even stated that the NutraSweet company writes their "Fact Sheets."

Q: So, there's money everywhere...to members of Congress, former regulatory bureaucrats, professional associations...

A: Absolutely. Aspartame approval and persistence on the market has everything to do with money and politics, and almost nothing to do with science and reason. Even the FDA's own reviewers were against aspartame until those political/financial events I've mentioned.

Q: Is there any hope to reverse all this?

A: Each of us will have to do it ourselves, one at a time and by spreading the word. Fortunately, it appears that the public pays more attention to this issue when they're given access to the information I've been outlining. The last TV show I appeared on about this issue, received 100,000 calls over the next three days. Your readers can call the ASPARTAME CONSUMER SAFETY NETWORK at (214)352-4268 for more information



# ASPARTAME: WHAT YOU DON'T KNOW CAN HURT

If a product is approved by the Food and Drug Administration (FDA) and composed of natural ingredients, would you assume it is safe to consume? If the same product is an artificial sweetener, would you assume it helps control your weight? Millions of people use aspartame, the artificial sweetener known as NutraSweet®, with these assumptions in mind. Aspartame can be found in thousands of products such as diet soda, yogurt, and over-the-counter medicines to name a few. However, aspartame's tainted history of approval and potentially toxic ingredients cast a serious doubt on the safety of this sugar substitute. Furthermore, aspartame may actually increase your appetite.

While FDA approval may signal the green light for safe consumption, 85 percent of all complaints registered with the FDA are for adverse reactions to aspartame, including five reported deaths (The Deadly Deception I). A closer look at the unscientific studies, suspicious approval methods, and its harmful ingredients, reveal the hidden dangers of this artificial sweetener. In reality, aspartame poses a public health threat. Let's examine the following three myths to conclude why you should avoid aspartame: first, FDA approval means aspartame is safe to consume; second, natural ingredients imply "not harmful"; and third, it helps control weight gain.

## FDA Approval Means Safe

"Aspartame was the most studied additive ever approved by the Food and Drug Administration," argues Martha Stone, Nutrition Advisor and professor at Colorado State University. Stone, an advocate for aspartame, claims that "aspartame wouldn't have gotten to the market if it caused problems in humans". Does

"most studied" imply safe for human consumption? More importantly, what were the results of these studies and how was aspartame approved? An in depth look at the history of aspartame approval reveals a trail of suspicious methods and possible collusion between the FDA and the G. D. Searle company, manufacturer of aspartame.

Aspartame was discovered in 1965 by a chemist from the Searle company. After researching their product to determine its safety, Searle submitted tests to the FDA for the approval of aspartame. According to The Deadly Deception, compiled by the Aspartame Consumer Safety Network, the FDA approved aspartame in 1974 for limited use based on the tests selected by Searle. After the approval, the FDA learned that some of Searle's other products had serious side effects. Also, a study done by Dr. John Olney, research psychiatrist from the Washington School of Medicine, revealed that holes in the brains of mice appeared after the consumption of aspartic acid, a major ingredient in aspartame. This study was submitted to the FDA after they had already approved aspartame for limited use. This new evidence prompted the FDA to organize an internal Task Force to investigate Searle's original research.

In their investigation, the FDA 1975 Task Force reviewed a study done for Searle in 1969 by Dr. Harry Waisman, Professor of Pediatrics at the University of Wisconsin. The study involved feeding aspartame mixed with milk to seven infant monkeys. After 300 days, five monkeys had grand mal seizures and one died. Dr. Waisman died before all of his studies were completed. The Task Force uncovered that when

Searle had submitted the Waisman study to the FDA, all the negative data had been omitted.

The Task Force also discovered that questionable lab practices had been performed by researchers from Searle. In a summary of their investigation, the Task Force concluded:

We have uncovered serious deficiencies in Searle's integrity in conducting high quality animal research to accurately determine or characterize the toxic potential of its products. The cumulative findings of problems within and across the studies we investigated reveal a pattern of conduct which compromises the scientific integrity of the studies.

This investigation revealed that Searle researchers had cut out tumors in animals that had been fed aspartame and neglected to report all of them or check for cancer. Also, animals that were "reported as dead, were later reported alive again" Other findings of the Task Force included "falsified data" from another Searle product, the Copper 7-IUD, a birth control device. This product had to be pulled off the shelves due to a \$9,000,000 lawsuit. Searle lost even though they claimed the IUD was safe.

As a result of the findings of the 1975 Task Force, a smaller Task Force was assigned in 1977 to investigate Searle's original research even further. This investigation uncovered that Searle had again falsified data by submitting inaccurate blood tests. Apparently, they had substituted unrelated animal tests because of instrument problems. In another study, a closer look revealed that uterine tumors had developed in some test animals. Searle "admitted" that these tumors were related to the ingestion of a breakdown product of aspartame,

Diketopiperazine.

Due to the 1977 Task Force findings, FDA ordered a grand jury investigation of Searle's aspartame studies. Assistant U.S. Attorney, William Conlon, and U.S. Attorney, Thomas Sullivan, failed to start any legal action against Searle concerning aspartame testing. Consequently, time ran out and the grand jury investigation terminated. Conlon was then hired by the law firm that represented Searle. It is interesting to note that this was not the first time Searle had been involved in a grand jury investigation. They had been accused of unreported tumors in the testing of their two drugs, Flaga and Aldactone. According to an article in Technology Review, aspartame came up for approval again in 1980. This time the FDA recommended that a Public Board of Inquiry be created to determine aspartame's safety. The Board was composed of three scientists. They "recommended keeping aspartame off the market until further animal tests could show that it did not cause tumors".

The disapproval of aspartame by the Public Board of Inquiry wasn't enough. The Deadly Deception states that a five member Commissioner's Team of Scientists was then formed to look at the results of the Public Board of Inquiry conclusions. Three scientists voted against approval and two scientists voted for approval. Inexplicably, a sixth member joined the team with a vote of "yes" to the approval of aspartame creating a deadlock. Dr. Goyan, the FDA Commissioner, decided not to approve aspartame at this time.

In April of 1981, Dr. Arthur Hayes became the new Commissioner. Searle applied again for approval of aspartame. A few months later, Dr. Hayes approved aspartame for use in dry foods. In 1983, he approved aspartame for use in diet soft drinks. One month later, Dr. Hayes left the FDA and within three months he was working for Searle's advertising agency, Burson-Marsteller.

Aspartame's history of approval speaks for itself. The Searle company, whose sales were 700 million in 1992, had much to gain from the approval of aspartame. After researching their own product, Searle selectively chose the tests and then submitted them to the FDA. How can Searle, the company who stands to profit, determine which reports are to be given to the FDA? An instant bias is created when this is allowed to happen. Even when independent researchers, such as Olney and Waisman, were approached by Searle to conduct safety tests, Searle withheld important information that these researchers had discovered. The Searle company's effort to produce a clear picture on the safety of aspartame is at best a weak attempt. Falsified data, unscientific lab practices, and a history of problems with some of their other products makes it hard to believe that Searle's concern for the public's health takes precedence over financial gains.

The FDA should be the objective source to verify if Searle's research is valid. The FDA has the final approval and the public depends

on them to determine the safety of a product. In this particular case, the repeated reviewing of aspartame studies by forming two task forces, a Public Board of Inquiry, and two teams of scientists seems redundant if not suspicious. The research indicating tumors and falsifying of data resurfaced every time. It appears that all of these attempts were to ultimately get aspartame approved, not to determine its safety. If the FDA had been really concerned, they should have insisted on reviewing all of the original research before it was approved for limited use in 1974. Even if the FDA's repeated attempts to investigate aspartame's safety were legitimate, ultimately, it was Commissioner Hayes' responsibility to determine if this product should enter the market. When he approved aspartame, it was more than questionable if his intentions were sincere. His employment with FDA was just long enough to get aspartame approved and then he conveniently quit and was hired by a Searle related company! How can we rely on the FDA to make the right decisions concerning aspartame approval if we are suspicious of their motives?

How does all this relate to the safety of aspartame? First we must explore what safe means. The FDA defines safe as a "reasonable certainty of no harm". Searle's evaluation of aspartame's safety was compromised when they withheld negative data and supplied inaccurate test results. Without valid research, "reasonable certainty of no harm" is difficult to determine. How can aspartame be on the market if the FDA and Searle failed to determine whether it was safe or not?

Brain tumors and seizures in aspartame-fed animals indicate a possible risk to humans. The dictionary definition of safe means "not presenting or involving any danger or risk." Does this mean aspartame is not safe? The answer lies in the hands of the public. Although aspartame was not tested on humans before its approval, it now has been tested on the public by default.

Over 200 million Americans consume aspartame products. We have been the guinea pigs in the testing of aspartame without even knowing it. A look at aspartame's ingredients and its devastating effects on human beings provide the evidence for avoiding all aspartame products.

In an article published in the Association of Birth Defect Children, Karen Mills argues that aspartame may be responsible for her son's health problems. Unaware of the dangers of aspartame, she consumed four to six diet sodas a day and also took phenylalanine capsules to relieve fatigue during her pregnancy. She was in good health and did not smoke or drink during this time. Her pregnancy was considered normal and prenatal testing ruled out any genetic birth defects. Her delivery was also normal. When her son Brandon was born, he was severely retarded with serious neurological problems. All of his x-rays, genetic studies, and blood tests came back normal. Karen states, "I am suspicious that NutraSweet® could be a contributing factor in Brandon's situation since there are no physical or genetic causes revealed for his neurological problems"

**Examples of Levels of Aspartame in Gum**

	% of aspartame per stick of gum/weight
Exel	- 2.5mg aspartame/1.45g 17%
Extra	- 5.2mg aspartame/1.93g 26%
Cristal	- 7.3mg aspartame/1.93* 37%
Doublemint	- 5.2mg aspartame/1.93 26%

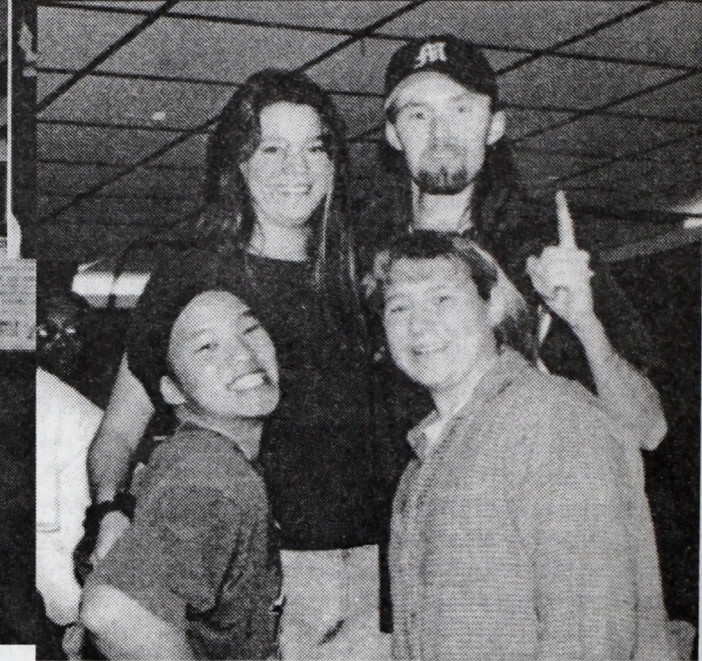
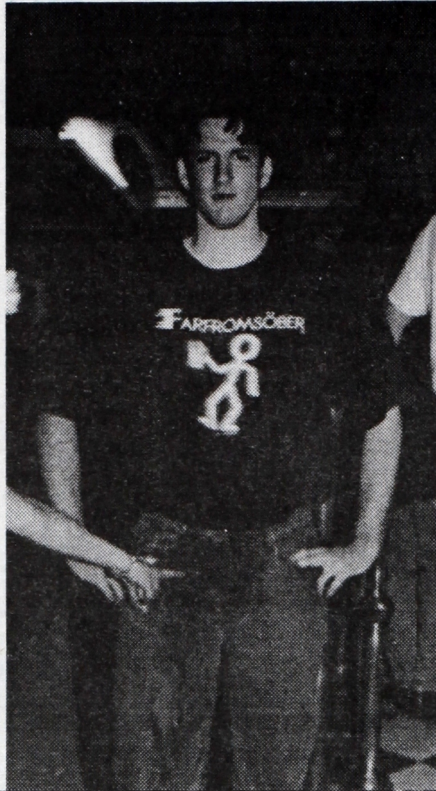
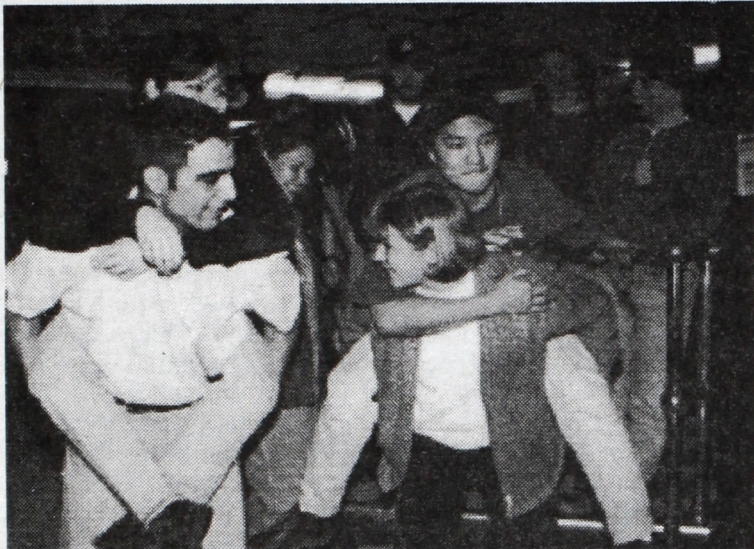
**DOESN'T STICK TO MOST DENTAL WORK**  
**\* Cristal did not give a weight for one stick of gum. In a most unscientific method, since it (Cristal) looks to be the same size as Extra & Doublemint, we took that weight.**



Thursday, February 6, 1997 / le jeudi 6 février 1997

## CARNY WEEK

Here are the pictures you have waited so long for!!! It looks like everyone had a grand old time at Carny Week. Here are a few snapshots of the events around campus. See if you can find yourself.



Because things  
really are different  
Downunder!

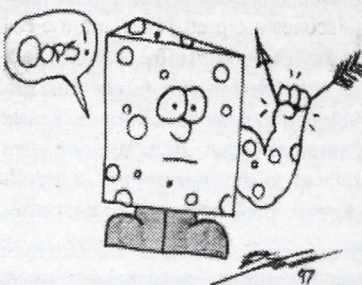
COMING SOON!!!

### Karaoke & Wings

in the Pub  
Saturday, Feb. 8.  
Pub Will Open AT 5:30 pm

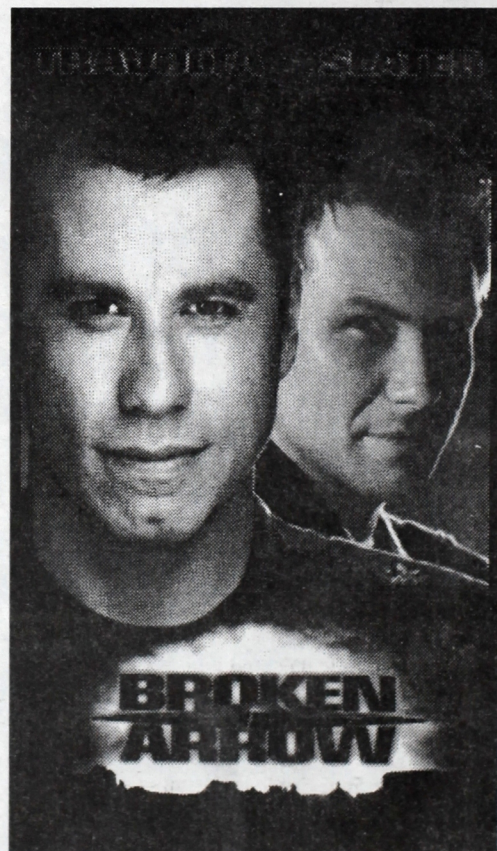
Freudz Couch live March 1st  
Don't Miss It! NO COVER

Free Pool Every Friday Nights



by Mat Thompson  
Staff Writer

## Attack of the Cheese



This week's cheese is an amazing action flick with a stellar cast, but the acting just reaks of cheese! **John Woo's Broken Arrow** has now been inducted into the Hall of Cheese and when you watch this movie, you will see why.

*Broken Arrow*, which is the code name for a missing nuclear weapon, is the story of a stealth fighter pilot (**John Travolta**) who turns on his partner (**Christian Slater**) and steals two nuclear missiles that they are transporting. While **Travolta** tries to get the missiles to a buyer, **Slater** teams up with a park ranger (**Samantha Mathis**) to track and stop the transport of the weapons. Before I get to the cheese, this movie is an amazing action flick. Director **John Woo** (*Hard Target*) really knows how to bring fast paced, hard hitting action to the screen. The fight scenes are fantastic, and the effects (especially the detonation of one of the nukes) are phenomenal. But past the cool effects and story line, you can start slicing the cheese by the ton.

I don't know if **Travolta** was told to act this way, but it's kind of pathetic. His character seems like a mixture between his past roles of

acting really is. And then there is **Samantha Mathis**. I think the only way she ever gets a job is with **Slater** (see *Pump Up the Volume* and *Fern Gully*), and in this movie you can understand why. As my roommate said "she's a useless little git", and was probably only hired to make **Slater** look better.

The best actor in the whole movie was probably ex-NFL star **Howie Long** as **Travolta's** partner in crime. You can tell the writers put much more emphasis on the action since the lines are pathetically hilarious. The funniest line in the movie is said several times by **Travolta** when he tell **Howie** to "Stop firing at the thermo-nuclear weapons!" Other than that, everyone

seems to be trying to spout out oneliners in hopes that it will make them look cool.

I don't think the acting could be done any cheesier unless they hired **Bruce Campbell**. Other than that this is a fantastic movie. I can't even think of any movie that should be watched with *Broken Arrow*. Maybe a **Jackie Chan** movie or anything else by Director **John Woo**, but you just have to watch this movie! Hope you enjoy it and I'll see ya next week with more slices of Hollywood's cheese.

### Attention All Laurentian Students

Stop traveling down that busy Ramsey Lake Road on a snowy day. Rooms are available on campus for the second term. Contact the Laurentian Residence Office at ext. 3007 to find out how you can have the convenience of living on campus.

### Aux étudiantes et étudiants de la Laurentienne

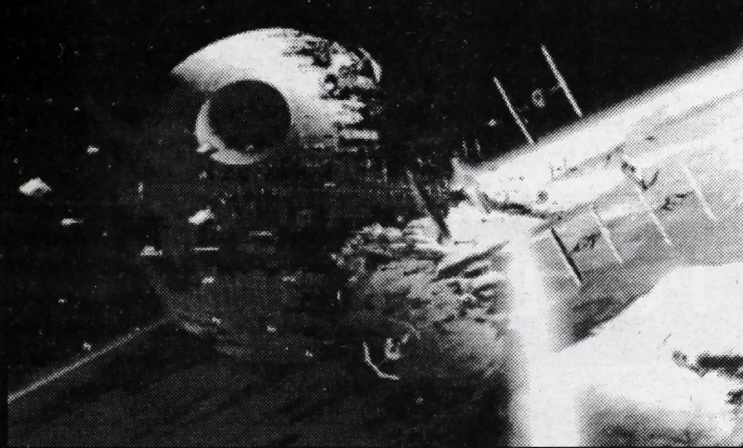
Finis le va et vient sur le chemin enneigé du lac Ramsey. Il y a des chambres libres sur le campus pour le deuxième semestre. Communiquez avec le Bureau des résidences de la Laurentienne, poste 3007, pour en savoir plus sur le privilège de vivre sur le campus.



## The Star Wars Picture Show

It's here, it's out, it's the same damn movie we have been watching for twenty years. Sure the new scenes are kind of exciting, but did you ever think of making *Star Wars* into an audience participation movie like the cult classic *Rocky Horror Picture Show*? Think about it for a second, it would make the movie more of an adventure and you would even feel like a part of the movie. Here are a few ideas to turn *Star Wars* into a cult classic:

- Dress up as your favourite character when you go to the movie.
- Every time Princess Leia appears, yell "Nice Buns!"
- Every time Han Solo appears, yell "Junior?" (Indiana Jones reference)
- Any time Darth Vader is on the screen, everyone has to breathe through a toilet paper roll as loud as possible mimicking his breathing.
- When the Jawas appear, sing "Somewhere over the Rainbow"
- Whenever Chewbacca speaks yell "Pardon, What did you say?"
- When the Storm Trooper is about to hit his head, yell "Duck" then say "I told you so!"
- When Han says they are entering a meteor shower, cover your head with an umbrella
- When they are in the cantina, sing "Copacabana"
- Wave airport style flashlights whenever there is a lightsaber in use.
- When Luke kisses Leia, yell "Inbreeders!"
- When the first creature pops up in the cantina, yell "Norm!"
- Wear sunglasses when C3P0 and R2D2 land on Tatooine (Desert Planet)
- During any battles with lasers, shoot water guns at people around you.
- When Luke fires on the Death Star at the end, throw rolls of toilet paper into the air.
- Whenever anyone says "May the force be with you", yell "Na Nu, Na Nu" and give the Mork and Mindy hand signal.



## Almost Perfect...

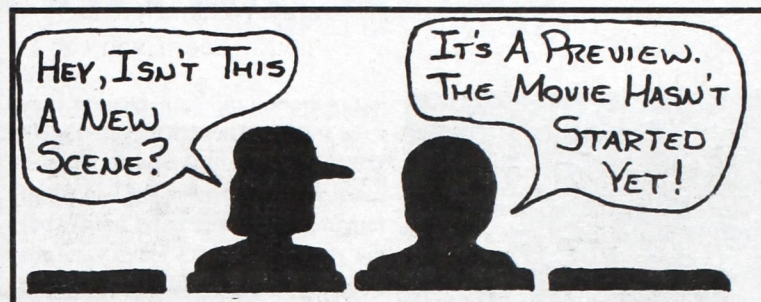
George Lucas has had 20 years to make *Star Wars* the perfect movie he always dreamed it would be. Well, guess what, after seeing the re-release, there are still a few mistakes that even I noticed were not fixed. Maybe they should have fixed these before they even thought of messing with the rest! Here's what I found:

1. One hour and twenty minutes into the movie, the third Storm Trooper entering the room where the droids are hiding hits his head on the door as it goes up.
2. When Luke's uncle buys R5D4, it follows Luke and C3P0 then it over heats. The shot swings back to R2D2, and you can see R5 right beside him. Then seconds later the R5 is back with Luke and the Jawas are starting to carry him back to where R2 is (about 50 feet away).
3. In the new scene with Jabba the Hut, Guido is shown standing in the background even though Han Solo just shot and killed him in the Cantina.
4. C3P0 has to translate R2D2 for everyone, but all of a sudden when they are getting ready to head to the Death Star, Luke understands perfectly what R2 is saying.
5. Just before Darth Vader chokes one of the Admirals in the Death Star, the guys lips don't match what he is saying.
6. Lukes uncle uses the expression "There will be hell to pay!" I wonder if there is a belief in Heaven and Hell in galaxies far, far away?

\* **Bonus Trivia** - In *Indiana Jones and the Temple of Doom*, the club in the beginning where Willie Scott is singing is called the *Obi Wan Club*.

## Critics in the Back Row

by Francois Marier and  
Stefano Presenza  
columnists



**Francois:** The moment we've been waiting for has finally come; *Star Wars* made it to the big screen again. This is one of the most anticipated moments of the decade. The hour and a half wait on opening night was well worth it and so was the \$7.50.

**Stefano:** Well, Francois, I'm an old *Star Wars* fan myself, having owned about 100 of the original figurines and the Millennium Falcon! I have to say that although I enjoyed this icon of American pop culture on the big screen, I wasn't very happy about the very loooooong line-up in the City Centre. Along with this dragging feeling, I had seen the movie a few times before to prep myself for the new scenes, and I found that I started to get *bored* after the x-wing fighters finally made it to the Death star!

**Francois:** Stefano is obviously out of his mind. The last time I saw it on the big screen I was so young I can't even remember. Therefore this was a real treat and anticipated moment. So what if you've seen it about a million times that you can recite the entire dialogue, *Star Wars* is kind of like the *Monthly Python* of action-adventure movies. But you have to admit that the new scenes are pretty cool and the computer enhanced effects are awesome!

**Stefano:** Well I have to admit that the new enhanced colour and sound was wwwwicked, but even *you* must admit that the very slight but greatly noticeable blip in sound in the scene where Darth Vader uses

his power to choke the Imperial Officer! For a re-make that is supposed to be superbly improved, the slight blip was more of a major flaw!

**Francois:** Yes, I will admit that this was a bit disappointing but I do believe that it could simply be a break in the reel and not all of the copies floating around out there have this blip. I think Stefano is trying a bit too hard to find something wrong with the movie. This is one of the most celebrated trilogies in history and I can't wait until the first prequel is released in 1999. The hype isn't all that bad. I've seen more hype for worse movies and can stand a bit more *Star Wars* memorabilia (that they have already made \$3 billion on) invading the TV and Corner Stores.

**Stefano:** No JOKE! I happened to be in the It Store! this weekend and they have larger figures of our favourite characters from almost every scene from the movie!! Owning the small ones (which I still often play with) is one thing, but having one for every scene is a bit much. Let's talk a bit about the new scenes. The most striking one which I'm sure we ALL enjoyed was the great Jabba The Hut slithering his way out towards Han Solo! This was simply amazing!

**Francois:** This was a very cool scene because Jabba did look a bit bigger than in the original. I didn't

really like the scenes of Jabba from the side because he looked a little thin. There were even a few new space scenes but my personal favorites were the ones when they pull into that space port on Tatooine. They added a few new characters and monsters in the street and Luke's little hover craft did seem as if it was floating.

**Stefano:** Those new creatures in the streets were really amusing! I particularly liked the huge lizards which the Storm Troopers were riding in the desert. I don't believe they moved around much in the old *Star Wars*! Both Francois and I loved the Jawas hanging from that huge "bronto-thing" in the city..

**Francois:** At least Stefano enjoyed the movie because I would kill him if he didn't. But the coolest part of the whole experience was seeing the kids faces because they finally have the chance to see it on the big screen.

**Stefano:** You mean the big kids like us!! I just wanted to ensure everyone that I really loved the movie and I will be first in line for the prequels... A small note to Matt Thompson: the green bounty-hunter who confronts Han Solo is named *GREEDO*, not Guido (as my Italian heritage wouldn't have minded!).

**Francois:** What about *Empire Strikes Back* and *Return of the Jedi*?????

## Kraft Dinner Recipe of the Week Cheesy Fish & Fries

Ingredients: 1 Box Kraft Dinner Spirals  
Extra Packet of Powdered Cheese  
6 - 8 Fish Sticks  
French Fries

Directions: Preheat oven to 425 degrees and cook fish sticks and french fries according to directions. While they are cooking, make the Kraft Dinner according to direction, just adding double the cheese and milk into the mixture to make it extra cheesy. When the fish sticks are done, cut them into small cubes and mix them into the KD mixture. Serve hot along with the french fries which you can top with the extra liquid cheese left in the pot from the KD.



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## Summer Camp Jobs in the U.S.A.

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Non-smokers. June 21 to Aug 26. Send resume (C.V.): Kippewa, Box 307, Westwood, Massachusetts 02090-0307 USA; kippewa@tiac.net; voice (617) 762-8291; fax (617) 255-7167.



## LEND ME AN EAR



### Groundklaw - Burn

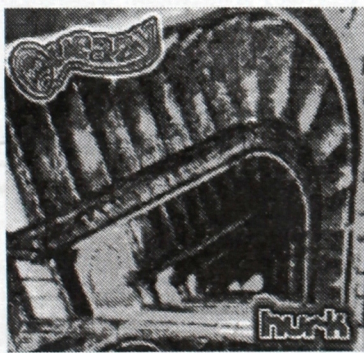
by Mat Thompson  
Staff Writer

Hailing from Lively, ON, Groundklaw is probably one of the best unknown bands I have ever heard of. For a bunch of guys from highschool and even Laurentian's very own Peter Wilura, this band rocks better than some of the big names out there today.

I was a little hesitant listening to this album at first, but once you listen to the first song (Shotgun), you're hooked. This is not your typical alternative rock band. Groundklaw covers many musical genres, and many different sounds of today. The album starts off into a very heavy metal sound, quickly flowing into a more alternative sound. Once through that, the hard core punk comes ripping through, mixed with a beat and sound you can't forget.

The song titles include 8-Ball, Romance Song, and Use You, but there are two songs that clearly shine above the rest. Mr. Kleen, although the shortest of the nine songs, rocks you in a style reminiscent of The Offspring, while Consumed By Hate pounds you with some of the best drum work I have heard in a long time.

I haven't got this excited about an album since I heard they may do a Partridge Family re-union. But all kidding aside, check these guys out! Groundklaw - Burn, support your local talent and pick up a copy today!



### Queazy - Hurk

by Mat Thompson  
Staff Writer

What the hell is this crap? According to the band bio, the members of Queazy met in a Subway one night and created their band from that meeting. After listening to this album, I kind of wish one of them had gone for chinese food instead.

With a sound like an old scratched record that has been lying

out in the sun too long, Queazy tries to be fresh and new in the alternative scene, but ends up as fresh as leftover pizza in a dorm room. The band is all females with some good music, but the vocals and lyrics leave you running for the door. Maybe the band should stick to the music and hire a fourth member to sing and write for them (I hear Sammy Hagar needs a job!).

I'll give the band this, I like the album art work, it's just too bad that their CD was in there too. In my opinion the band lives up to their name...they make you Queazy!



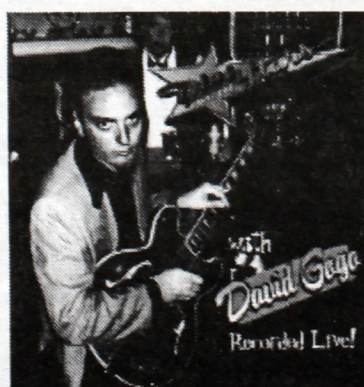
### Eventide - Things Change

by Mat Thompson  
Staff Writer

Now here is something that does not come around very often. This album is rock and roll the way it used to be played. There is no alternativeness, no singing to produce a fresh new sound, and no messing with the music, it's just rock!

Eventide hails from Western Canada, and brings back a style of music most bands have forgotten. The sound is reminiscent of Led Zepelin and Van Halen with great rock riffs and nice melodies. The first release from the band was Silence, which has been played many times on MuchMusic and has fantastic lyrics that can actually move the listener. Other songs like Things Change, Stand Up and Addiction show off the bands many talents for music and song writing.

I know when I say the cover art is good on an album, it means death for the music, but this is not the case. The cover has a nice peaceful sunset in which you can lose yourself in just like the music. With 13 songs and intro and finale instrumentals (perfectly named Dusk and Dawn), Eventide covers all the bases needed to hit the home run with this album. If you like rock the way it should be played, pick up Eventide - Things Change, it's worth it.



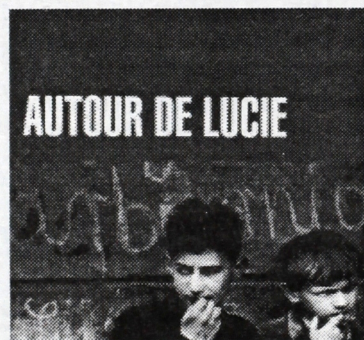
### David Gogo - Dine Under the Stars

by Mat Thompson  
Staff Writer

I have no idea who this David Gogo guy is, but I thought I'd give his album a chance. Dine Under the Stars is a live album recorded at some bar in British Columbia, and from the sounds of it, this is probably the biggest venue Gogo plays.

I have to admit, David Gogo is a good guitar player, but no where near the ranks of the best guitarists around. Most of the 9 songs on the album are covers of classic tunes that would sound so much better if sung by the original group. Gogo makes a good effort to emulate B.B. King with Sweet Little Angel, but ends up sounding like, well, some guy in a bar with a cheap guitar.

Some of the songs on the album are stretched out so long you would expect them to be sung by MeatLoaf. The classic Hoochie Coochie Man is over ten minutes long, and not worth the whole time. If you get a chance to see David Gogo in a bar somewhere, it would probably be a good show, but other than that, I'd just skip Dine Under the Stars. Save the money you would spend on this CD, and go see a Sudbury band and have a few drinks instead.



### Autour de Lucie

by Mat Thompson  
Staff Writer

Okay Laurentian, here is where I show my openness towards any type of music. If you couldn't tell from the name of the band, Autour de Lucie is French, and with my minimal French background, I still gave the CD a chance.

Autour de Lucie is a group from France who have been getting rave reviews in Canada and the US. This self titled album is their first release in North America, combining songs from their debut album and a few new tunes. Their sound is a mix of mainstream alternative with the classic sounds of pop added in. They are kind of like a French version of Everything But The Girl and The Cranberries.

The songs on this album are very powerful sounding, but they hold a dreamy quality that you can get easily lost in. Lead singer Valerie Leuillot has an amazing voice, which lends even more substance to an already great album. I recommend this album to anyone (French or English) who enjoys this style of music.



## WHAT'S ON AROUND TOWN

Thursday, February 6th

**Palookaville** is playing on the Cinescreen tonight and tomorrow. **Variety '97** runs for the next three days at Sudbury Secondary School. This is a good time to see some Sudbury entertainment. You won't be disappointed!

Saturday, February 8th

**Crash**, the most controversial film to be released in a long time is playing at the Cinescreen. If you missed it the first time it was here, don't miss it this time!! David Cronenberg wants you to see it. He told me so.

Monday, February 10th

**Ridicule** is on the Cinescreen tonight and it looks pretty funny. You should go if you can make it passed the mammoth line for Star Wars.

Tuesday, February 11th

May the Force be with you. 'Nuff said.

## POETRY CORNER

### Hell Hath No Fury

You say you want to leave me  
To find yourself, to grow,  
Find freedom, with my blessing  
I'll be sorry when you go.

I'll be sorry when a drive-by  
Gets you by mistake  
So sorry when cement boots  
Weigh to heavy in the lake.

It's a shame your broken body  
will be found beneath a truck.  
Oh, you lost a hand in Turkey?  
Well, of all the rotten luck.

With genuine regret I'll see your'  
Anguish as you bleed  
I'd hate to see your eyeballs  
when those maggots start to feed.

I really hope your car does not  
explode in burning flame  
Struck by lightning? Break both legs?  
Oh, that would be a shame.

Yes, soon you'll see what life can bring,  
Outside my warm embrace  
It can bring a battered body  
it can bring a mangled face

Have a nice life!



## Larry Flint - Tragedy to Trash

by Mat Thompson  
Staff Writer

Well, it has finally happened. Hollywood has run out of biographies of celebrities and their tragic lifestyles, so they have turned to a new medium. This new medium, as you will see over the next few months, includes the life stories of **Larry Flint** (creator of *Hustler Magazine*), and **Howard Stern** (shock jock extraordinaire). I know a lot of people will refuse to go see these movies because of their personal moral beliefs, but to tell you the truth, the stories are immensely interesting.

One week ago, I had the honor of seeing one of the finest acted, directed, and scripted movies out today. *The People Vs Larry Flint* is a fantastic movie that should not be

missed by movie buffs, or anyone interested in seeing the life of a very strong-willed, outgoing, borderline genius.

The story follows the beginnings of Larry Flint (played to perfection by **Woody Harrelson**) and his brother as owners and promoters of *Hustler Nightclubs*. After reading the pages of a *Playboy*, Larry decides that there is too much talk, and not enough women in the magazine. *Hustler Magazine* is then created, first as a small promotional magazine for his clubs, but then it turns into a goldmine when Larry prints photos of Jackie O in the buff. Larry marries one of his dancers (portrayed by **Courtney Love**) and goes on to battle the courts, paralysis from an attempted assassination, drug addictions and many other tragedies.

The story may seem a little depressing, but it's actually not that bad. **Woody** and **Courtney's** performances as the sex crazed, drug

addicted, strong willed Flints is inspiring. **Woody Harrelson** deserves to be looked at in a whole new light by Hollywood. He captured the physical, mental and emotional essence of Larry Flint to bring this story to life. This, to me, is the type of performance that should be nominated for an *Academy Award*. I will warn that there is a fair bit of nudity and swearing in the movie, but it's tastefully accomplished (unlike movies like *Showgirls*).

Movies like this don't come around very often. It is not an exploitation of *Hustler* and women in general, it is the story of a very determined man who survives many tragedies but manages to keep his head above water. There is a lot of crap out there clogging up theatres today, and it's good to see a movie that contains all the elements of a great movie. Trust me, this movie may not appeal to everyone, but it's a great work of cinematic genius.

## The Rez Sisters

by Natalie Huffels  
Staff Writer

I caught the opening night of the *Sudbury Theatre Centre's* production of **The Rez Sisters** on January 21st, but I just can't make up my mind as to what I really think about it. Now, anyone who knows me will vouch for the fact that I am rarely without an opinion, but this performance had such incredibly strong weaknesses and strengths that I was left feeling both annoyed and satisfied...if that makes any sense.

The play itself, written by **Tomson Highway**, is the hilarious story of seven women from a Manitoulin Island reservation who work together to achieve the goal of all goals — attending *The World's BIGGEST Bingo*. (Pause for oohs and aahs.) As the women embark on their journey, the audience is able to catch glimpses of tragedy and deep spirituality through the hilarious banter of the Native women.

The performance was incredibly fun to watch. From ingenious touches, like a guitar in the shape and design of a huge bottle of Molson Ex, to involving the audience in one big game of Bingo (we were given Bingo cards in our program), **The Rez Sisters** was different from anything I've ever seen.

The name of the reservation, *Wasaychigan*, means *window* in Ojibway, and I felt as though I was given a window through which I could glimpse a world with which I was totally unfamiliar. The comedy of the down to earth characters, combined with occasional explorations of sexual abuse, alcoholism, unemployment and desperation plus a pervading sense of mysticism, made me feel as though I was party to a true *tranche de vie*. The story doesn't tie up neatly at the end, but then again, neither does life.

Five out of the seven women in the play come from the Wikwemikong Reservation on Manitoulin Island, where they participate in the *De-ba-jeh-mu-jig Theatre Group* which also staged a production of **The Rez Sisters**. These women bring an incredible freshness and believability to the play; they are not simply professional actors playing the part of women on a Manitoulin Reserve, they are these women.

**Audrey Debassige**, as Annie Cook, was energetic and authentic with a sense of comic timing that made me laugh so hard I almost peed my pants. **Poky Fox** was also great as Emily Dictionary, a biker chick with a good heart. **Glen Gould**, one of the few actors not from Wikwemikong, gave a performance as Nanabush/The Seagull/The Nighthawk/ Bingo Master that was charged with a strange mystic quality. His character(s) provided the

spiritual centre to the play and his fluid movements and grace left me in awe.

This freshness, however, occasionally emerged as unprofessionalism. Both **Justine Enosse** as Pelagia Patchnose and **Bertha Trudeau** as Veronique St. Pierre, forgot their lines completely on several occasions. **Trudeau** even became embarrassed enough to hold a doll up in front of her face, while fellow actress **Sharon Lavallee** tried to cover for her mistake. Perhaps these mishaps can be chalked up to opening night jitters, and these two women did shine beautifully at other moments in the play. However, I remained almost nervous and embarrassed for them, hoping it wouldn't happen again...and that should never EVER happen in professional theatre. Especially not with tickets priced at \$19 to \$24 a piece.

Still, the audience didn't seem to complain. They jumped to their feet for an enthusiastic standing ovation at the close of the play, and my mother, who accompanied me, chastised me for being "so critical" of this fault. I do feel that forgetting lines does disturb the untouchable quality of a play, but thankfully the magic of this incredible piece was not completely destroyed and I really did enjoy myself. **The Rez Sisters** is playing until February 1st and you can get tickets by calling STC at 674-8381.

## Perennial Poetry: The (W)rites of Spring Visits Sudbury

by Kim Fahner  
Contributor

We'll be lucky if we see a stray crocus tentatively poking its head out of a snow bank on April 11th, but that's the day the **League of Canadian Poets** brings its annual fund-raiser, called *The (W)rites of Spring*, to Sudbury. Poetry is by no means a seasonal pursuit for those who dare call themselves poets. It is, rather a truly perennial pursuit. So, even though spring is often slow to come to the North, and even though we have our share of freak snow storms in April, regional poets should be drawn to the very perennial nature of the League's (W)rites of Spring.

Formed in 1966 by five well known Canadian poets, **Raymond Souster, Ralph Gustafson, Ronald G. Everson, Louis Dudek** and **Michael Gnarowski**, the League of Canadian Poets was established as a non-profit arts organization. Its goal, as you can probably deduce from the name of the organization itself, is to promote Canadian poets and poetry. In fact, the League's mission statement is to "develop the art of poetry; to enhance the status of poets and nurture a professional poetic community; to facilitate the teaching of Canadian poetry at all levels of education; to enlarge the audience for poetry by encouraging publication, performance and recognition of Canadian poetry nationally and internationally; to uphold freedom of expression." At present, there are approximately 400 poet-members across Canada.

The (W)rites of Spring is the League's yearly fund-raiser which enables the League to continue to support and nourish the poetic community in Canada. The 1997 (W)rites of Spring for the province of Ontario, which is home to the single largest group of League members, is to be hosted by the City of Sudbury. This is the first time the event has been held outside a large urban area and in Northern Ontario. It offers an opportunity for publishers and writers from the region to showcase their publications. The organizer of the 1997 Ontario (W)rites of Spring is **Roger Nash**, professor of Philosophy at Laurentian University and a favourite poet. Dr. Nash is the Ontario

Representative on the National Council of the League.

This brilliant evening of poetry will take place on April 11th, at St. Benedict's School, on Algonquin Road. Four main League poets will be attending the (W)rites in Sudbury this year, namely **Sonja Dunn, James Reaney, Ken Stange** and **Liz Zetlin**. Other League poets will also read. The excitement of the evening, especially for local poets, is the open stage reading session. An anthology will be produced containing poems by all of those who read at the event.

The Planning Committee for the (W)rites of Spring would like to invite all of Laurentian's more poetic souls to submit poetry for performance consideration. Please submit 3 poems to Roger Nash, Philosophy Department, Laurentian University, Sudbury ON, P3C 2C6. An entry fee of \$5 is required to cover administrative costs. Please remember to type your name, address and phone number at the top of each page. If you'd like to have your poems returned, please enclose a self-addressed, stamped envelope. The deadline for submissions to the (W)rites of Spring is February 14th, 1997.

Regardless of whether or not that poor crocus has managed to emerge from the snow bank by April 11th, poets of many facets will be out in full force on that day. Closet poets at Laurentian are encouraged to take an active role in the festivities by submitting poems and by attending the (W)rites of Spring. We look forward to reading your poetry!

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# Spad Speaks

by Dean McIntosh  
Staff Writer

Unfortunately, the euphoria of Christmas break has worn off, but with reading week just around the corner, the February blahs will not last long. Last Wednesday, SPAD council (president, vice-president, secretary, treasurer and 1st year prof.) will be held March 25, 1997. Candidates must have their nomination forms in by Tuesday March 4. Profiles on the prospective candidates can be found in this column from March 4 until election day. Of more immediate importance is the ongoing search for a Chief Returning Officer (CRO). Under the by-laws of the SPAD constitution, a CRO is required

to count ballots and insure a fair campaign is run by all nominees. The CRO can not be on council presently or be running for election and does not need to be returning from anywhere. Resumes are due by Tuesday, February 11 and can be submitted to a member of council.

From a social standpoint, 3 major events will be hosted by SPAD over the next month and a half. The first weekend after reading week (Saturday, March 1) will be the inaugural SPAD Gymfest 97. The Teacher's College Gym will be open for recreational volleyball, basketball, floor hockey and greco roman wrestling. All SPAD members are welcome to come out and join the excitement that will be topped off by SPAD pub night.

Saturday, March 22, SPAD follows up the highly successful 1st term beer and pizza with a wine and cheese. Wines from France, Italy, The Niagara Peninsula and The Napa Valley will be joined by cheeses from Holland, cows and Black Diamond to celebrate this gala affair. Tickets will be sold in advance only during the two weeks following slack week. The evening will provide all potential candidates for election an opportunity to introduce themselves and give a short on the strengths (or weaknesses) of their candidacy. All SPAD and COMM students (assuming their is not a conflicting COMM milk and cookies night) are welcome, but remember that tickets must be purchased in advance.

The final entertainment note is the upcoming SPAD Bonspiel. At press time details were not available, but secretary Rob "The Wrench" Macdonald has assured me this is a not-to-be missed event. For more details, see Rob or future issues of Lambda.

Last week also marked a historic day in SPAD history as Jim Anas, Robb Baird and Jamie Pilgrim inducted the first Honourary SPAD member. In a ceremony rich in history, Jeff "gilooley" Creden was welcomed to the SPAD fraternity. Creden could not be reached for comment but Jamie Pilgrim was quoted as saying that this acquisition may make the SPAD hockey team better than the Leafs.

Finally, I would like to make a special plea for help. If anyone knows of a quality exorcist, one is badly needed. Rumour has spread that an evil demon has taken over ROMANIUK and has started to go out at night. Those of you who knew ROMANIUK as mild-mannered, even-keeled and well-adjusted must be as stunned as I am and realize that help must be found before ROMANIUK is lost to the Dark Side forever. Anyone with more information can drop me a line at Lambda or call 777-7777.

# Skydome Wrestling Spectacular

## Featuring the Toronto Triple Threat

by Michael LeBlanc  
Columnist

For those of you who are of the opinion that professional wrestling is stupid and childish, you may want to read something else. For the die-hards, hear are the goods. This past Friday, I traveled to good old Toronto to witness the WWF live and in person. Of course, true wrestling fans have seen highlights of this show from this past Monday's WWF Raw. No, I don't think I was ever on camera but, if you heard a deafening whistle, that might have been me.

I've been going to wrestling cards in Toronto on and off for the past 13 years (I can't believe I just admitted that), and for the first time that I can remember (with the exception of Wrestlemania VI), Vince McMahon, the wrestling Czar, was in attendance. I thought I had seen wrestling hit its peak in the hey-day of Hulk Hogan, but going to the Skydome and seeing over 25,000 people there is a sign that wrestling might be back in the mainstream. Now, let's get down to my personal account of the action.

### 1. Rocky Maivia vs. The Sultan (with Bob Backlund)

For the opening match of a card, this contest was pretty exciting. Bob Backlund, as usual, had arguments with anyone who wanted to listen. In the end, the Sultan tried for a scoop slam, but Rock managed to reverse it and roll him up for the win.

### 2. "Stone Cold" Steve Austin vs. The Man they call Vader (with Paul Bearer)

This match got off to a vulgar start with Steve Austin displaying obscene gestures but was stopped when Bret "The Hitman" Hart came down to ringside to pummel Stone Cold. Eventually, Vader managed to get Hart off him and the match started. The battle was full of hard-hitting action, not to mention several low-blows. The conclusion came when Austin, for some reason, gave his finisher (the Stone Cold Cutter) to the referee, instigating a disqualification.

### 3. Flash Funk vs. Savio Vega (with the Nation of Domination)

This entire match saw Flash take a beating from pillar to post and finally, when he gained an advantage, he moved in for some high-flying action. Unfortunately for Flash, he attempted an off-the-top-rope moonsault which Savio was able to escape from. The miss resulted in an injury to Funk's knee and he was prone to an easy pin by Vega.

### 4. Goldust (with Marlena) vs. Crush (with the Nation of Domination)

This was an evenly contested match with each warrior getting in good shots. The conclusion came with the ring surrounded in confusion and Savio Vega jumping in to deliver a spinning heel kick to the unsuspecting Goldust. Crush was then able to deliver his patented heart punch on a vulnerable Goldust for the victory.

### 5. Owen Hart and Davey Boy Smith (with Clarence Mason) vs. Doug Furnas and Philip Lafon

For the WWF Tag Team Titles

Hart and Bulldog controlled most of the action but miscommunication caused several arguments. The match remained interesting throughout and it ended when Smith accidentally flipped his partner Hart over the top rope. Hart was counted out due to an injury suffered.

### 6. Tiger Ali Singh - signing

Tiger Ali Singh, son of wrestling great Tiger Jeet Singh, was signed to the WWF. The ceremony included WWF reps, Tiger's whole family, Bret Hart, George Chuvalo, interpreters and even the mayor of Brampton.

### 7. Hunter Hearst Helmsley vs. "Wildman" Marc Mero

For the WWF Intercontinental Title

This match had promise, but the fact that they seem to fight every week took away from the excitement. Hunter managed to cheat his way to victory as he scored the 1, 2, 3 after using his famous brass knuckles.

### 8. Undertaker and Ahmed Johnson vs. Mankind (with Paul Bearer) and Farooq Assad (with the Nation of Domination) in a Texas Death Match

This match was a pier six brawl from the beginning, with the use of chairs, ring steps, the guard rail and a 2X4. The match was decided when Vader came to ringside to interfere. The behemoth attacked the Undertaker and tried to finish him by using a chair but, predictably, he hit Mankind instead. Undertaker wasn't content with that as he delivered a Tombstone piledriver to Mankind on the steel chair which must have knocked him into the middle of next week. 'Taker scored an easy pin.

### 9. Sycho Sid vs. Bret Hart vs. Shawn Michaels in a Triple Threat Match with special referee George Chuvalo

For the WWF Heavyweight Championship

Finally the main event. This match seemed a little rushed since it started well after 11 o'clock. All three men battled in the ring and each man took their turn to get knocked down to the side. Stone Cold once again tried to interfere but he was knocked cold by George Chuvalo, who was surveying the ringside area. After nearly 15 minutes of high impact moves, the end came. Hart was positioning Sid into the Sharpshooter when Michaels flew at them from the top rope. The fact that Hart and Sid's legs were tied together, neither of them was able to kick out and Michaels walked out still the champ.

Overall, I would say that the event was very well done. The WWF announced they would be returning to the Skydome June 14th for another show. No doubt it will be another sellout. For Dennis Rodman fans, look for him to become involved in the WWF in some capacity with a probable appearance at this year's Wrestlemania and possibly in the corner of Goldust.

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## Golden Gaels Tarnished by Hockey Vees

by Remi Gunn  
Staff Writer

The slumping hockey Vees invaded the Sudbury Arena last Saturday to face the Queen's Golden Gaels. Stricken by a mediocre mid-season that left the much-hyped Vees with a record of 9-9, the Vees needed something big to happen if they were to regain some of their lost momentum. If Saturday's game was any indication, the Vees may finally back to old form, as they destroyed the Gaels by a score of 8-2. Their offense was impressive, making 42 shots on goal compared to the Gaels' 22.

The game went "according to plan," says Vees head coach, Dave Hyrsky. "We got a lot of shots and had guys going to the net." When asked if this victory will help get the Vees back on track, Hyrsky replied that he "thinks so. Any time that you can come in and blow a team out that you're expected to blow out, it's a good thing. Our offensive players kind of got back into the groove today, which is nice to see."

Playing before a small hometown crowd, the Vees made their presence known early in the game. Less than two minutes into the game centre Jordan Scruton capitalized on a rebound, sending the puck into the upper left hand corner of the Gaels' net. Brian Ladyk made the score 2-0, sliding the puck past the Queen's goalie just two minutes and five seconds into the game.

The Vees weren't ready to ease off yet, however, as they continued to press the Gaels' defense, dominating the game. With just under four minutes gone, the Vees were scrambling in front of the Gaels' net. The puck slid back to defenseman Jeremy Rebek, whose slap shot gave the Vees a comfortable 3-0 margin.

Eight minutes into the first period, Queen's defenseman Mark Lobinowich received a tripping call, giving the Vees their first power play

of the game. Less than a minute later, Jordan Scruton scored his second goal of the game, capitalizing yet again on a rebound.

Queen's finally got on the scoreboard when Paul Lang and Kyle Whaley drove into the Vees end with only a lone Vee defender between them and the net. Lang's pass to Whaley was dead on and the right winger from Kingston gave Queen's their only goal of the period.

Aside from this, Vees goalie Sean Spencer had an easy time of it for much of the period. Shots on goal were 16 for Laurentian and 6 for Queen's.

The Vees seemed to slack off for much of the second period. Their offense weakened and, consequently, Queen's had a number of chances that they shouldn't have had.

The Vees' first goal in the second came courtesy of a deflected shot by centre Brad Baber, making the score 5-1 just over five minutes into the period. This goal was just a single flash of offensive power, however, in a largely uneventful period. There was no further scoring until, with less than two minutes left, left winger Kiley Hill potted the Vees' sixth goal of the afternoon.

Queen's responded quickly. Just 28 seconds later, Gaels' centre Geoff Kaprowy broke into the open and beat out the Vees goalie, bringing the score to 6-2. The Vees and the Gaels had ten shots apiece in the second period.

The Vees regained the edge in the third period. They managed to control Queen's offense and, on occasion, overwhelm the Gaels' defense. The first goal of the period came courtesy of a blistering slapshot by Vees right winger Kevin Mackay. Less than six minutes later, Mackay struck again, taking a rebounded slapshot by Garry Roach and flipping the puck over the Gaels' goalie. This ended the scoring for a very successful Vees outing. Shots on goal for the third period were 16 for the Vees and 6 for the Gaels.

## Vee Line

### Molson's Athletes of the Week Jordan Scruton - Hockey

Jordan Scruton is a third year Economics student from Barrie. A centre on the Voyageur hockey team, Jordan led the Voyageurs in two weekend wins. Scruton had two goals and two assists in an 8-2 win over Queen's and he added a hat trick in a 5-4 win over R.M.C. The seven point weekend helped keep the Voyageurs in the hunt for first place in the Mid-West Division.

### Jen Dewan - Track and Field

Jen Dewan is a third year health student from Stratford, Ontario. In the recent University of Toronto indoor track and field meet, Jen finished third in the 600m in a time of 1:37.75. Dewan also competed for Laurentian in cross-country.

### Women's Basketball

**Ravens get Picked at by Lady Vees**  
On Friday January 31, 1997, the Lady Vees defeated the Carleton Ravens 56-30 in their own nest. Lau-

rentian out scored the Ravens by seventeen points in the first half with a score of 31-14. The top scorers for the Lady Vees were **Stephanie Harrison** scoring 12 points, **Sauna Conway** scoring 9 and **Karen Vos** with 8. The player of the game was **Karen Vos**.

### Lady Vees Drop Close Game

In their second game of the weekend, the Lady Vees were defeated by the Ottawa Gee Gees 61-57. At the end of the first half, Laurentian had a three point lead with a score of 34-31. It was a tough second half for the Lady Vees. In the end, the Lady Vees fell short by a three point deficit. Top scorers for the Lady Vees were **Shelley Dewar** with 18 and **Stephanie Desutter** and **Stephanie Harrison**, scoring 12 points apiece. The next action for the Lady Vees will be next weekend at home when they face off against Bishop's University on Friday and Laval on Sunday.

## Aqua Vees Face Championships

Phillip Hadley  
Staff Writer

Our Lady Vees head off to the OWIAA championships in Toronto today to face the stiff competition of fourteen other Ontario University swim teams. The week-end of Feb 15-17, our men do battle in home waters as we host the OUAA conference finals (come cheer).

Women's coach Jennifer Campbell is excited and looking forward to seeing the results of a long and difficult season. Top performances and CIAU qualifying times are expected from Andrea Nicholls, Cynthia Vincze, and Stephanie McMahon. Leading the Ladies should be team co-captain and CIAU qualifier Angela Lilly. Coach Campbell has thus far been encouraged by the positive signs going through taper and these should translate into fast times. What Campbell wants from her team more than medals, though, is team cohesiveness, a positive attitude, staying focused and helping others out who may not be swimming so well. If this is what she sees, the week-end will be considered a great success. Good luck women.

This year Laurentian is hosting the OUAA finals. We are looking for BIG support from fellow students, so be there. This year the men's team has a goal of placing third, which would be our highest placing ever. To do this men's coach Jamie Bretzlaff knows that we need 'solid efforts and 100 per cent commitment from each member of our team to achieve success.' Only through this method will our Vees place higher than ever in the OUAA championships. The question for each member is, how badly do want to win.

Both teams will have to be a bit tougher and provide leadership of their own with the recent hospitalization of our ever-present leader Doc (Dr. Jeno Tihanyi). His absence will be felt and we do wish you a speedy and full recovery Doc. We will not disappoint you.

Watch the Aqua Vees Feb. 15-17, 1997

## Hockey Vees Defeat R.M.C.

by Steve Proceviat  
Staff Writer

On Sunday afternoon, the Laurentian Voyageurs hockey team eked out a 5-4 victory over the Royal Military College Redmen, improving their record to 11-9-0 and solidifying their position at the top of the O.U.A.A. Mid West division.

Leading the way for Laurentian was Jordan Scruton, with three goals, followed by Brad Baber and Kevin MacKay with one apiece.

A tightly-fought battle, this game saw the Vees narrowly avoid giving away two points to the less talented, by highly determined Redmen. Perhaps envisioning a blow-

out after taking a 3-0 lead early in the second period, Laurentian's defensive play lapsed noticeably, allowing the Redmen to come storming back with three quick goals to even the score by the ten minute mark. Shaken out of their doldrums by this offensive barrage, the home side quickly managed to regain their composure and the lead, fending off the persistent R.M.C. squad for the duration of the game.

Afterwards, Laurentian coach Dave Hyrsky professed some concern with his team's defensive play. "We've got to work on winning one-on-one battles in the defensive zone. If we improve on that, we'll be al-

right. We have no worries offensively."

However, the coach was pleased with the game's overall outcome. "That's the type of game you're just happy to get two points," said Hyrsky, referring to his team's lack of response to R.M.C.'s constant, vicious tactics. "They are a very dirty hockey club and they just don't quit."

"I just wanted to win the game and make sure that none of our guys got suspended for fighting or retaliating to their cheap shots."

For all you techies out there, be sure to check out the hockey Vees' website at <http://ww2.isys.ca/scottie>.

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# Women's Intramural Hockey Standings

As of Feb. 2nd

## Team Standings

Team	GP	W	L	GF	GA	PTS
LOCS	4	4	0	46	0	8
Playgirls	4	4	0	18	3	8
Hawks"1"	3	3	0	26	8	6
Hawks"2"	3	2	1	9	6	4
SSR	3	2	1	2	9	4
Dirtybirds	3	1	2	13	13	2
Bratpack	2	1	1	8	8	2
Stokers	4	1	3	9	12	2
Fallen Angles	4	0	4	1	30	0
Flying Nuns	6	0	6	4	47	0

## Scoring Leaders

Player	Team	G	A	PTS
1 Jen Toole	LOCS	7	5	12
2 Karen Duguay	LOCS	4	7	11
3 Chantal LeRoy	Hawks"1"	6	4	10
4 Jen Fong	LOCS	4	6	10
5 Kristen Maher	LOCS	1	9	10
6 Sheila Condon	LOCS	6	3	9
7 Jodie Scinto	U of S	4	5	9
8 Melissa Pfeil	2nd	6	2	8
9 Cory Dixon	2nd	5	3	8
10 Kira Lumme	LOCS	5	3	8

## Veas Fall to York

by Christa Haines  
Staff Writer

The volleyball Veas took to the court on Saturday and lost to the York Yeoman by a score 0-3. The game scores were 12-15, 13-15 and 15-17.

Each game was long with the Veas showing strong defensive talent but, unfortunately, they were unable to score points when necessary.

In game one, the Veas fell behind early. They came back, however, to tie the score at 6 points each. The Veas took the lead and pulled ahead to 10-7. In the end, York regained lost ground and beat the Veas 15-12.

York took the lead early in game two as well. The score was 4-0 when the Veas began a slow comeback. They eventually tied the game at 8-8 off an ace by Jonathan Hogg. After numerous sideouts, and single points by each team, the Veas pulled ahead to 13-12. It was York, however, that went on to score the three points necessary to win. Game two: York 15 - Laurentian 13.

The first two points of game three were scored by Laurentian. Later in the game, the Veas held a 5-2 lead after an ace by Alain Arseneau. York came back and held the lead at 14-10. The Veas, however, weren't out of the game yet. They struggled back to tie the game at 14-14 and again at 15-15. Only then did York record the final two points to win the match, 17-15.

York did not win the points easily. In games two and three, each point was accompanied by at least three side outs. At various times in the games, points were separated by 11 sideouts. But the playing by the Veas was inconsistent. They came on strong to get sideouts but were hurt by bad serves and missed opportunities.

Molson's Athlete of the Game for the Veas was Jeff Van Dyke. Scoring leaders for the Veas were Paul Rainville with 23 kills, 2 aces and 5 digs; Jon Hogg followed with 18 kills and 11 digs. Alain Arseneau contributed 4 aces in the game.

## Veas Defeated by York

by Julie Dion  
Staff Writer

The Laurentian men's volleyball team was defeated 3 - 1 by the York Yeomen on Friday night, in the Ben Avery Gym. Quite a few fans were on hand to cheer on the Voyageurs. During the first match, the Veas proved they were capable of big blocks and aces. Their efforts were no match, however, for the Yeomen. Laurentian lost the first set 15 - 11.

During the second set Laurentian turned the tables on York. They got off to a great start and managed to lead the entire set with a final score of 15 - 11.

Laurentian's momentum seemed to completely disappear in the third set. York destroyed them 15 - 2. The Voyageurs lost the final as well, 15 - 6.

Despite their loss, Coach Kit Lefroy was quite pleased with his team's effort. This was the first time in three years that the Voyageurs were able to win a single set against York. Lefroy was frustrated, however, that the team lost 15 - 2 after winning the previous set. Lefroy admitted that "the team often lets down the pressure after winning a set." He added that "we were definitely outsized and York is a well coached team. York has a big block, but the men didn't back off from it."

In order to win, Lefroy believes they "need to hit better in the middle. Our defense is not consistent. We didn't have enough power to be able to make mistakes in passing and defense."

Laurentian's Molson Athlete of the Game was Jonathan Hogg. Coach Lefroy felt that Jeff Van Dyke also played an excellent game. He felt the Van Dyke did a terrific job of setting. Laurentian will face York once again on Saturday afternoon.

Next  
issue  
Feb. 27

## National Capitol Race: "A Comedy of Errors"

by Bronwen Davies  
Staff Writer

The Nordic Ski Team travelled to Ottawa this past weekend (February first and second) for their second OUAA/OWIAA qualifying race. Upon arrival, they found 15cm of fresh powder and trails that looked as though they had never been groomed. (Error #1)

Saturday's races were delayed by half an hour to allow for trail grooming... which didn't do a lot of good. The team needed the extra time, however, as their equipment van took an hours-long detour to the town of Gatineau, Quebec instead of Gatineau Park. (Error #2)

The women were out first to ski a 6.6km skating course. The team was led by Bronwen Davies, who placed 3'rd in 26:04. Diane Carlsson was hot on her heels, only 5 seconds back in 4'th place. Carol Cox was the next L.U. skier, placing 10'th. She was followed by Laura Hubbard in 11'th and Megan Cumming in 19'th. Not bad for a field of 55 women!

By the time the guys hit the trails, the snow was knee deep on the brutal uphill of the course. James Ans had an awesome race, placing 2'nd in 33:26 over 9.2km. Tim Heale was only seconds behind, claiming a bronze medal. Rookie Kristian Bischoff had a great race and placed 24'th out of the 71 skier field.

Sunday's races should have gone off without a hitch. Unfortunately, half of the trail had not been track set for the Classic Pursuit race, as the groomer had been driven into a ditch. (Error #3)

The team was to ski in their first pursuit race on Sunday. A pursuit is based on a skier's results from the day before. Whoever won the race starts at zero and everyone else starts as far back as they were from the leader.

The women skied a course of four differently coloured loops to make 10km. Bronwen Davies and Diane Carlsson were among the elite group of skiers (the top five) who were disqualified for skiing their laps in the wrong order. (Error #4) This was great for third year Geology student Laura Hubbard who went the right way and won a bronze medal! Carol Cox was close behind in 11'th place with rookie Megan Cumming in 14'th.

The guys were out for blood as they chased Carleton skier Wayne Dustin, an ex-Olympian who has dominated OUAA skiing for the past four years. Tim Heale had an awesome race and claimed a silver medal. James Ans skied very well and placed 4'th after a short stop to try and figure out where he was! (Error #5) Ben Stevenson smoked the field and moved up substantially from his 29'th position in Saturday's race. Kristian Bischoff, skiing his first 15km race, seemed to get snowier and snowier every time he passed through the stadium. We found out later that it was due to his 5 wipeouts! Bischoff! (Error #6)

Next weekend the team is travelling to Duntroon to ski in the Ontario Championships. Stay tuned for more fun and excitement!

Rookie's Quote of the week: "I must have been spawned in a lab... that's why I'm so hairy!" (K. Bischoff, Feb. 1, 1997)

## Track Veas in T. O.

by The Track Team  
Contributors

This past weekend, the track Veas travelled to Toronto for the U. of T. Classic. To start the weekend off right, the bus lost a tire somewhere north of Barrie. As we sat there on the side of the highway, not knowing how we were going to get to Toronto, a kind farmer and his wife picked the tire up out of the ditch and brought it back to us.

Overall, the team had a great weekend, considering the circumstances. The highlight of the weekend was Shane "Flight 1" Rosati's CIAU qualifying long jump of 6.98m.

He also blazed to a second place finish in the 60m, giving him a lock on the men's MVP honours.

Brian "Teddy Bear" English, after running personal bests in both the 1000m and the 4X800m relay, tested negative for all illegal and banned substances. His new sponsor, 'LOCS' will definitely be an asset to his training.

Personal bests were also achieved by Thien "Motormouth" Nguyen, Jason "Drive by Shooting" Lemire and Jason "I miss Irah" Bowerman.

Thanks to Jason "I want to be Tulu" Lash, Tim "Tom Cruise" Bahun

is seriously considering retirement.

On the women's side, Suzanne "The Ralph's Connection" Cumming set a personal best in the 60m. Jenn "Tulu Rules" Dewan had yet another MVP performance with a third place finish in the 600m and a very close finish to the "skinny baby girl" from Waterloo in the 4X400m.

John "Packer" Thompson owes Rick "fudge anyone?" Carleton dinner because he failed to beat him by seven seconds in the 4X800m relay.

Congratulations to everyone and good luck to the track Veas when they travel back to Toronto on Feb. 21 for the last chance qualifier.

## Voyageurs Return Home 12-0!

by Mark Cecchetto  
Contributor

This past weekend the #2 ranked (in Canada) Laurentian Voyageurs visited our nation's capital for contests against the Carleton Ravens and Ottawa Gee Gees. On Friday night, the Voyageurs suffered serious damage to their inside game when 6'10" Ted Dongelmans injured his ankle less than six minutes into the game, and did not return. Without Dongelmans, Adam Dusome stepped up his scoring touch from the mid post and scored 18 points. Shawn Swords and Cory Bailey were fantastic with 21 and 20 respectively. The

end result was a 100-70 victory with all 12 Voyageurs getting at least 7 minutes (except Dongelmans) and all but one scoring.

After one day of rest the Voyageurs took on the Gee Gees who had been preparing to meet Laurentian all week. Without Dongelmans, the Veas were out rebounded in the first half and most of Ottawa's points coming off putbacks. At the half Laurentian led 43 - 41. In the second half the Veas competed on the boards led by All-Canadian candidate perimeter people Shawn Swords (9 boards) and Cory Bailey (6 boards...in just 24 minutes due to

foul trouble). With only two referees (one was injured early in the game) the game was rough and scrappy. Clutch foul shooting by Cory Bailey down the stretch and good defense on Ottawa's last possession led the Veas to victory. Adam Dusome and Shawn Swords continued to break out of their shooting slumps with 21 and 19 respectively. For Ottawa, Jerome Harris had 20 points and 10 boards.

Next weekend the Voyageurs take on Bishop's (the top team in Quebec) at 8 pm Fri. night and Laval on Sunday afternoon at 4 pm. They hope to see a large and loud turnout at the Ben Avery Gym this weekend!